

2002 Boone County Behavioral Risk Factor Survey

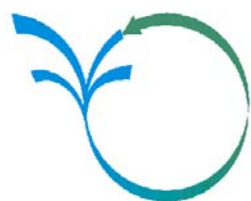


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Center for Health Statistics

2002 Boone County BRFSS
Adult Risk Factor Survey
Behavioral Risk Factor Surveillance System

APRIL 2003

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An Introduction: Boone County 2002 BRFSS

What Is Hometown Health Improvement?

Hometown Health Improvement is a grassroots initiative that stresses cooperation, coalition building, community health assessment, prioritization of health issues, and the development and implementation of strategies designed and sustained locally. As part of this initiative, Boone County conducted the Behavioral Risk Factor Surveillance System (BRFSS) survey.

What Is the BRFSS?¹

In the early 1980s, the Centers for Disease Control and Prevention worked with the states to develop the Behavioral Risk Factor Surveillance System. This state-based survey, the first of its kind, collected, analyzed and published information on the prevalence of risk behaviors among Americans and their perceptions of a variety of health issues.

Now conducted in all 50 states, the BRFSS continues to be the primary source of information on major health risk behaviors among Americans. State and local health departments rely heavily on BRFSS data to:

- Determine priority health issues and identify populations at highest risk.
- Develop strategic plans and target prevention programs.
- Monitor the effectiveness of intervention strategies and progress toward prevention goals.
- Educate the public, the health community, and policymakers about disease prevention.
- Support community policies that promote health and prevent disease.

BRFSS information is also used by researchers, voluntary and professional organizations, and managed care organizations to target prevention efforts. Recognizing the value of such a system in addressing priority health issues in the coming century, China, Canada, and other countries have looked to CDC for assistance in establishing BRFSS-like systems for their own populations.

BRFSS data can be analyzed by a variety of demographic variables, including age, education, income, and racial and ethnic background. The ability to determine populations at highest risk is essential in effectively targeting scarce prevention resources.

¹ From the Centers for Disease Control and Prevention, About the BRFSS. <http://www.cdc.gov/nccdphp/brfss/about.htm>
Atlanta, Georgia.

Why Did Boone County Conduct the BRFSS?

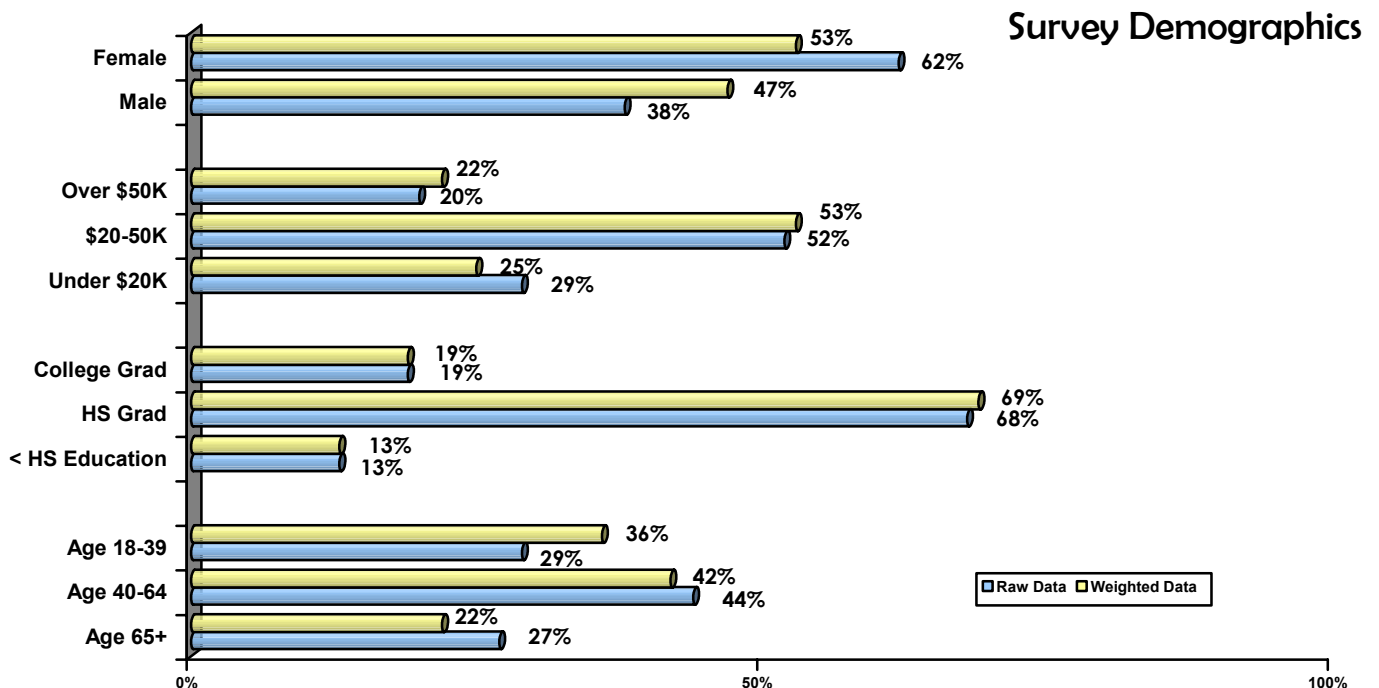
As the demand for data at a local level has increased, state, county, and local health agencies have begun using the BRFSS to develop county and local information about health risk behaviors. The Boone County BRFSS was conducted to gather health information on a variety of behaviors that can impact health in both good and bad ways, including smoking, exercise, diet, access to medical care, dental health, quality of life, chronic diseases, cancer screening, and other health related issues.

How Did Boone County Conduct the BRFSS?

During December 2002, 915 randomly selected adults answered the Boone County BRFSS telephone survey. Interviews were conducted and supervised by trained telephone research interviewers at the University of Arkansas at Little Rock's Institute of Government. The data were then weighted to be representative of the sex and age distribution of Boone County. All percentages presented in this report are rounded to the nearest whole percent.

Who Participated in the Boone County BRFSS?

Of the 915 people who were interviewed, 347 were men and 568 were women, and 892 were white, 2 were black, and 2 were Hispanic. The following chart summarizes the demographics of the survey participants as both raw numbers and as weighted data. All other data presented in the report is based on the weighted data.



For More Information about the Boone County BRFSS

Interested parties may request additional information. Researchers and professionals wanting to build upon Boone County's 2002 BRFSS data may request additional data from:

Boone County
Diana Ramsey, Hometown Health Leader
Boone County Health Department
1622 Campus Dr.
Harrison, AR 72601
870-743-5244
dramsey@healthyarkansas.com

For more information about the Behavioral Risk Factor Surveillance System or analysis of the survey data, please contact:

Arkansas Center for Health Statistics
Sharon Rose Judah, Lead Programmer Analyst
4815 W. Markham Street, Slot 19
Little Rock, AR 72205
501-661-2194
sjudah@healthyarkansas.com

Risk Factors

Health Status

The survey asked respondents to rate their general, physical, and mental health status.

General Health

Risk Factor Definition: General Health

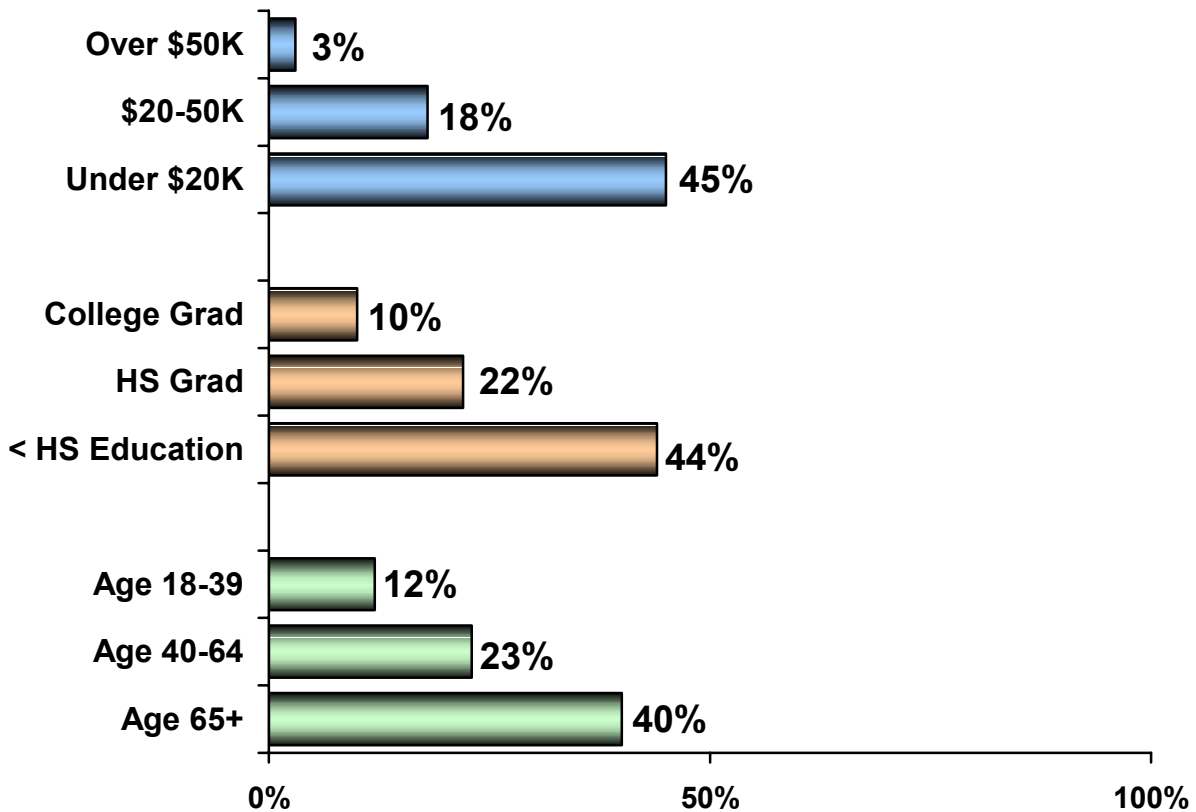
Question: Would you say that your general health is “excellent,” “very good,” “good,” “fair,” or “poor?”

At Risk: Those who answered “fair” or “poor” are considered at risk.

Who’s At Risk in Boone County?

Twenty-three percent characterized their general health as fair or poor. Younger people and people with more income or education tended to report better general health.

Reported General Health as Fair or Poor



Physical Health

Risk Factor Definition: Physical Health

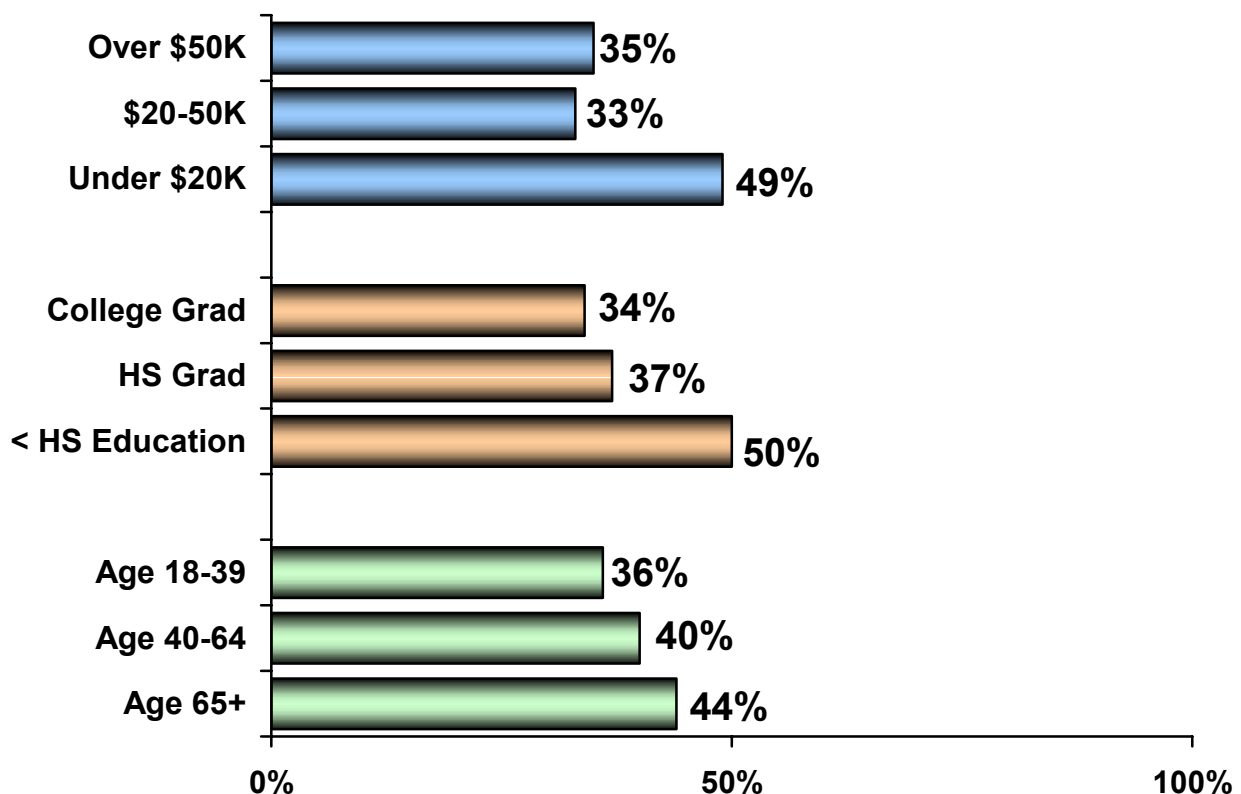
Question: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

At Risk: Having one or more self-reported days of “not good” physical health.

Who's At Risk in Boone County?

Thirty-seven percent of Boone County adults had at least one day a month of poor physical health. According to the survey, the average Boone County adult had about four and a half days of bad health and about five and a half days each month when health problems interfered with usual activities. Older people and people with less income were more likely to be affected by poor health.

Reported Physical Health Not Good One or More of the Past 30 Days



Mental Health

Risk Factor Definition: Mental Health

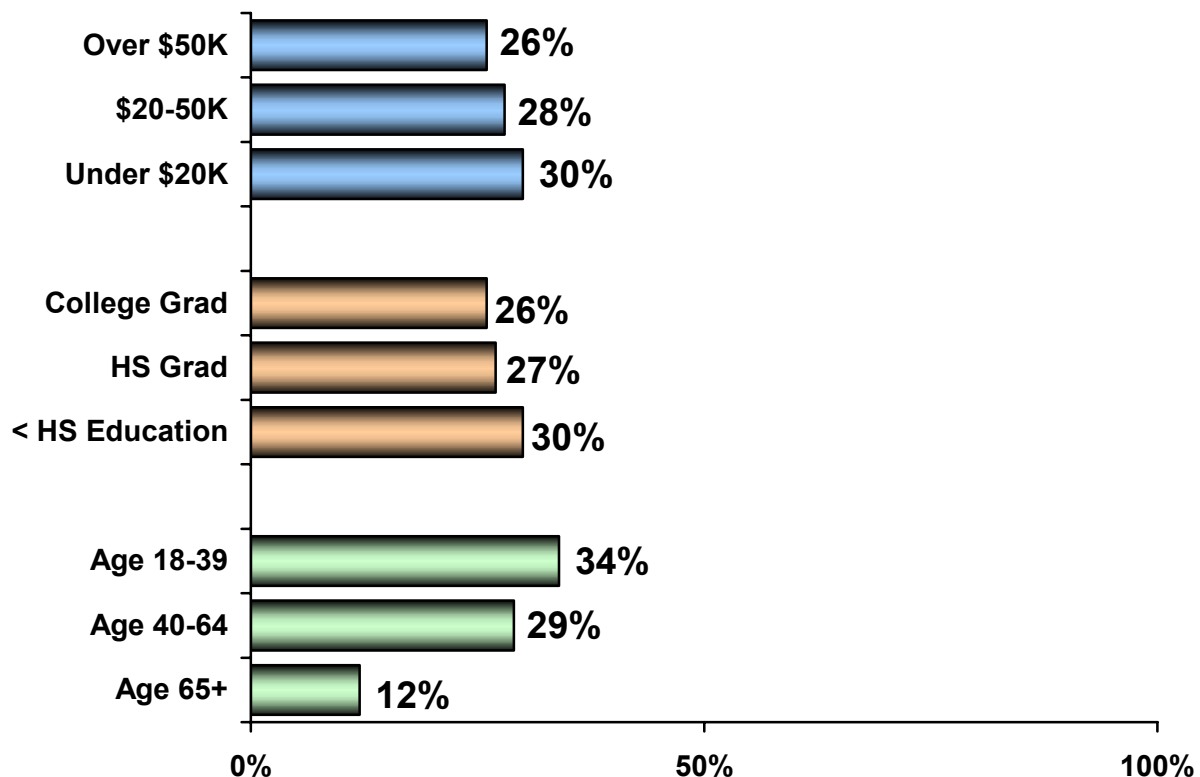
Question: Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

At Risk: Having one or more self-reported days of “not good” mental health.

Who's At Risk in Boone County?

Twenty-seven percent had at least one day of poor mental health in the past month. The average Boone county adult had three days each month of poor mental health. People with annual household incomes of less than \$20,000 and younger people were more likely to report at least one day of poor mental health in the past month.

Reported Mental Health Not Good on One or More of the Past 30 Days



Health Care Access

The survey asked if respondents had health insurance and about barriers to getting insurance.

Health Insurance

Risk Factor Definition: Health Insurance

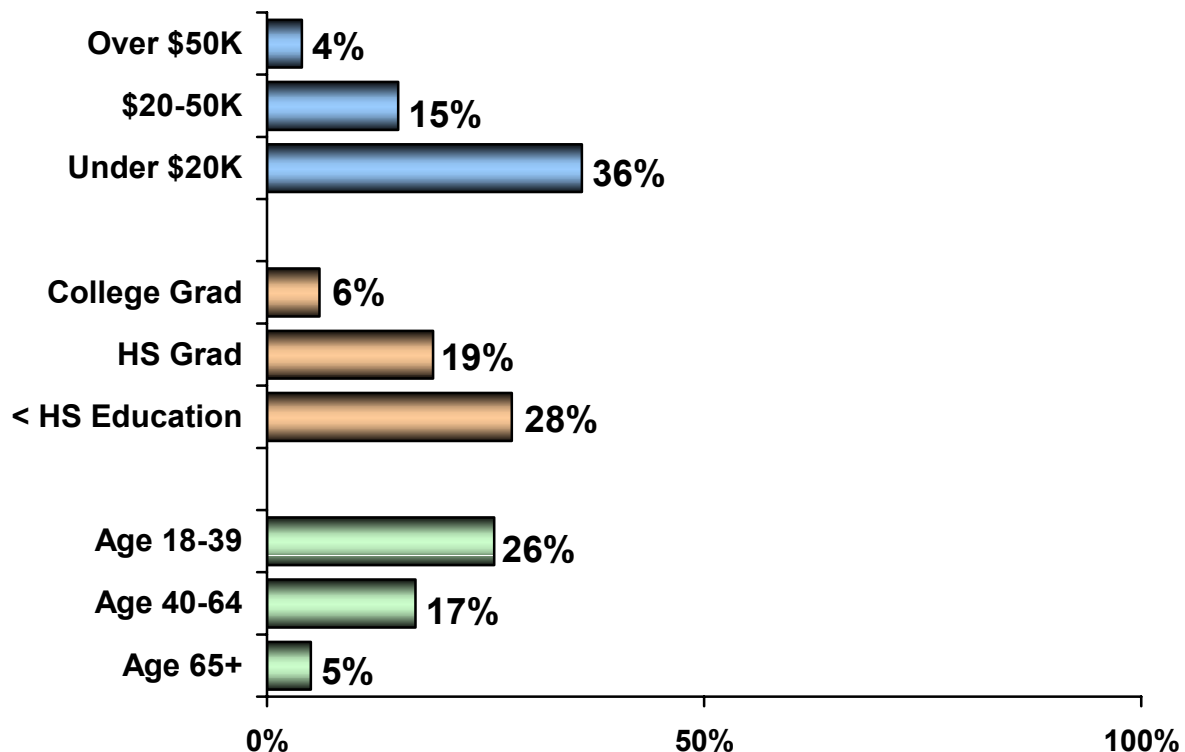
Question: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

At Risk: Those who answered “no” are considered at risk.

Who's At Risk in Boone County?

Eighteen percent said they didn't have health insurance, with younger respondents and those with less education or income less likely to be insured. Of those without insurance, 62 percent cited cost of premiums as the primary reason they didn't have coverage.

Do Not Have Health Insurance



Chronic Conditions

Questions regarding specific chronic medical conditions were included in the Boone County BRFSS survey.

Hypertension Awareness

Risk Factor Definition: Have High Blood Pressure

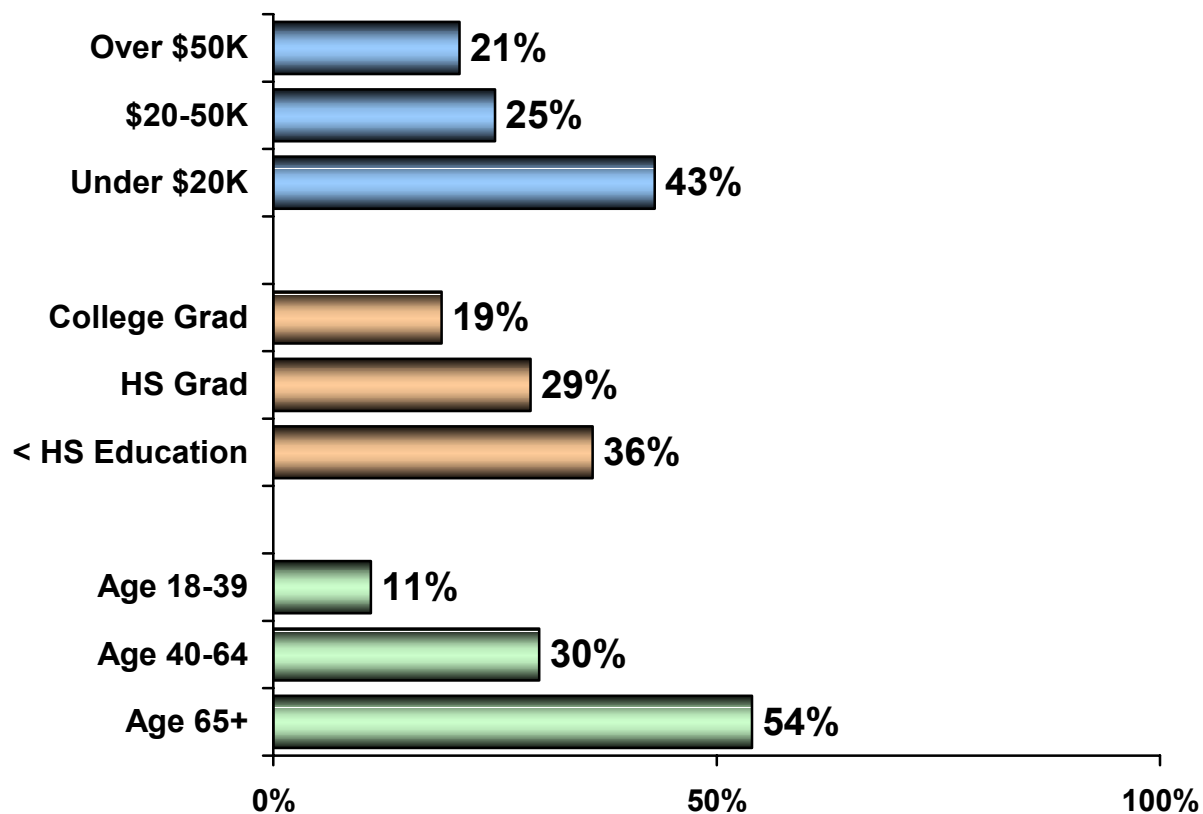
Questions: Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure? -and – Are you currently taking medicine for your high blood pressure?

At Risk: Those who answered “yes” are considered at risk.

Who's At Risk in Boone County?

Twenty-nine percent of Boone County adults have been given a hypertension diagnosis by a doctor.

Have High Blood Pressure



Asthma

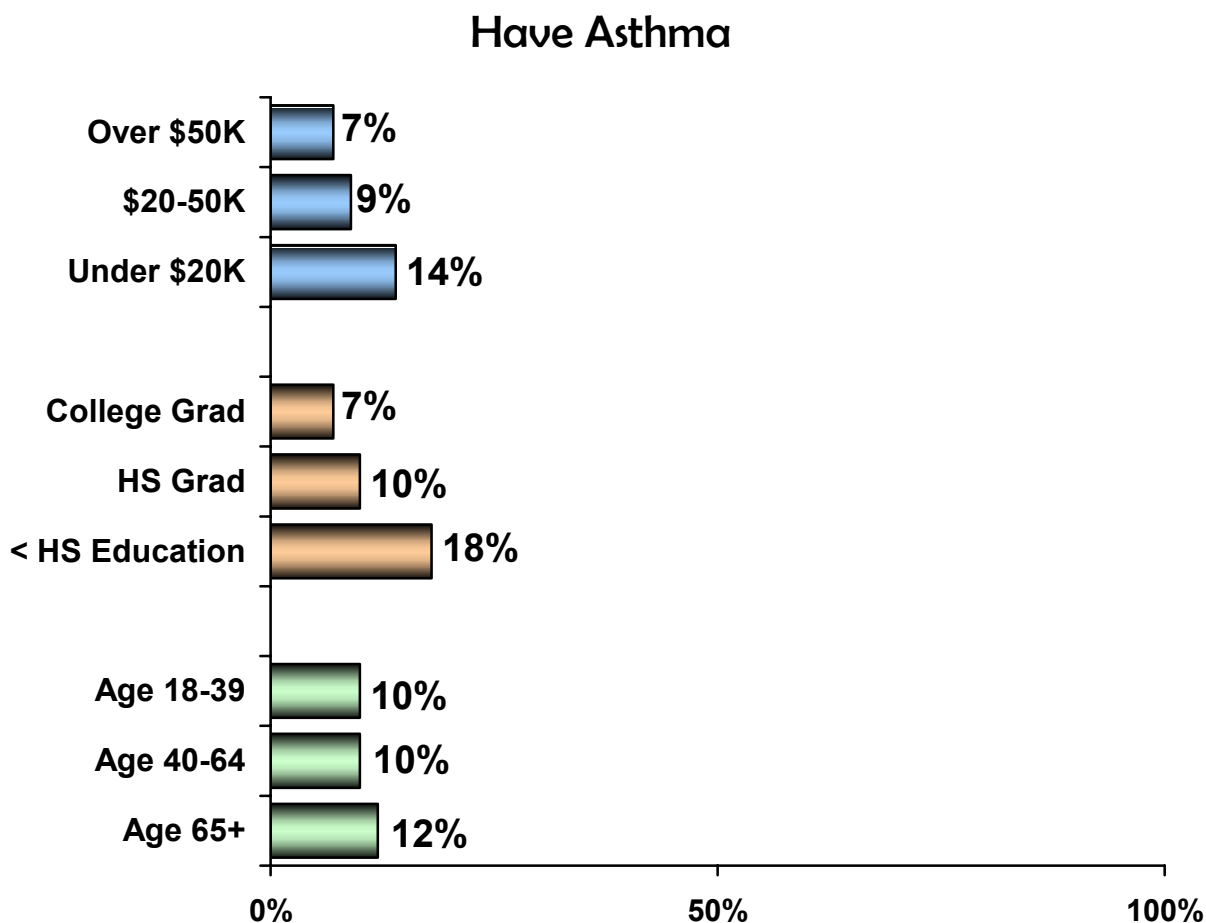
Risk Factor Definition: Have Asthma

Question: Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

At Risk: Those who said "yes" are considered at risk.

Who's At Risk in Boone County?

Ten percent said that had been told by a doctor that they have asthma. People with less education and less income had been told by a doctor that they have asthma. No meaningful differences in asthma prevalence were reported between different ages.



Diabetes

Risk Factor Definition: Have Diabetes

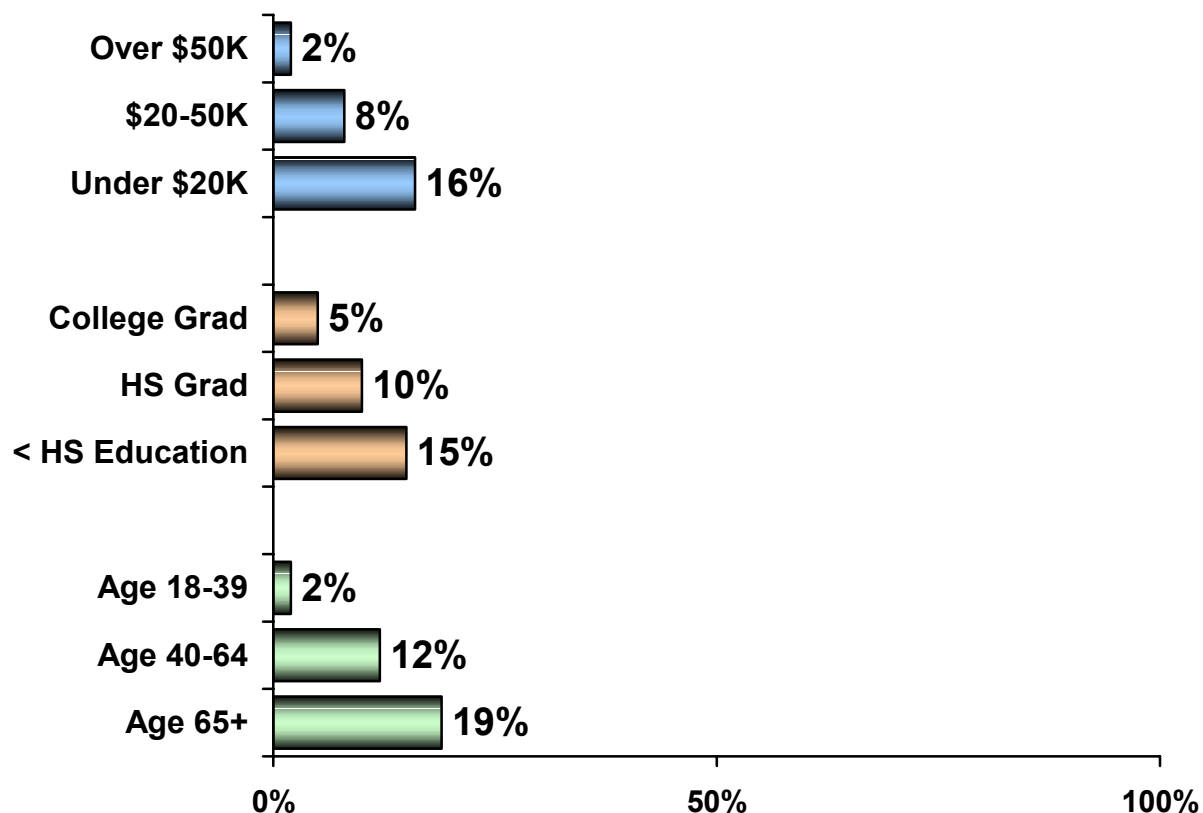
Question: Have you ever been told by a doctor that you have diabetes?

At Risk: Those who answered "yes" are considered at risk.

Who's At Risk in Boone County?

Ten percent of Boone County adults have been given a diabetes diagnosis by a doctor. Older people, people with lower incomes, and those with less education were more likely to report a diabetes diagnosis than others were.

Have Diabetes



Arthritis

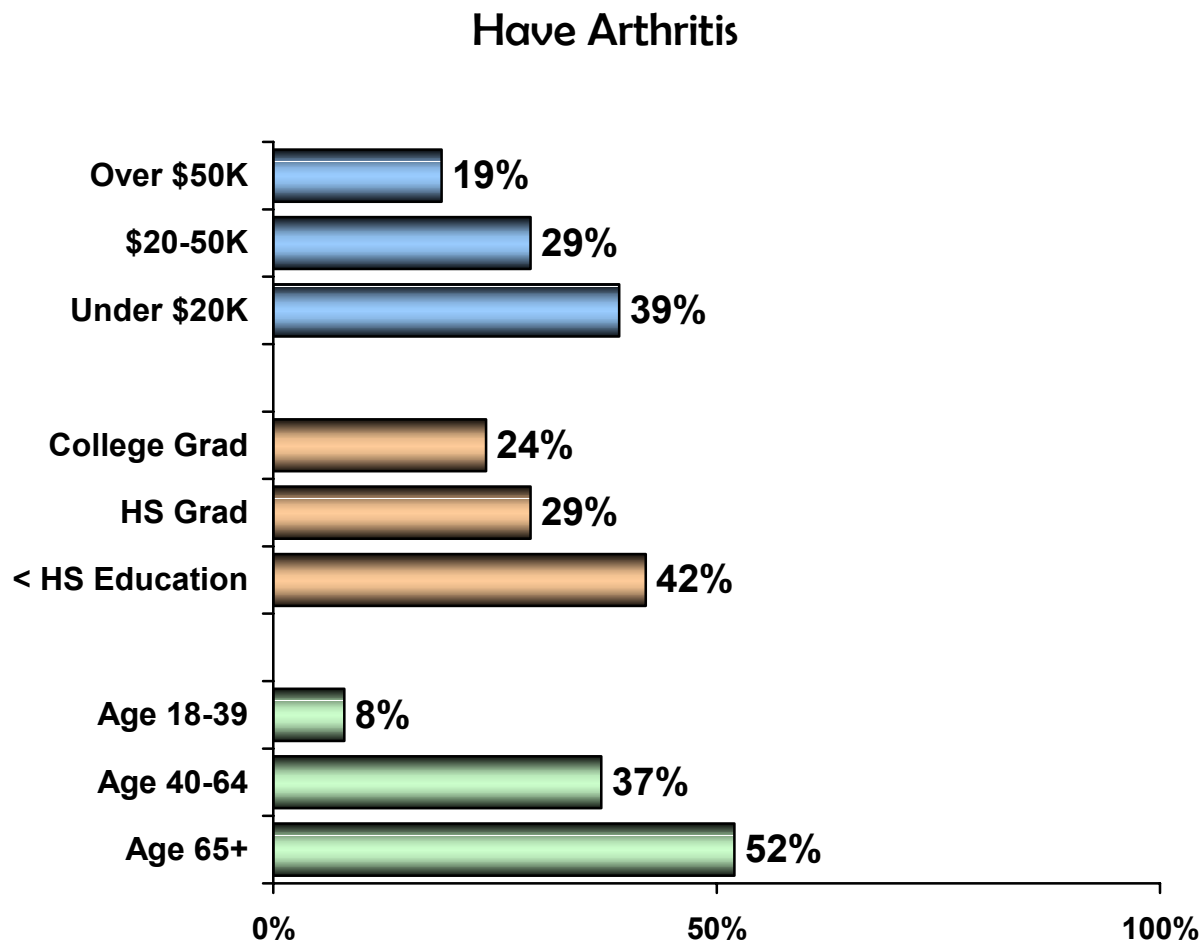
Risk Factor Definition: Have Arthritis

Question: Have you ever been told by a doctor that you have arthritis?

At Risk: Those who answered "yes" are considered at risk.

Who's At Risk in Boone County?

Sixty-four percent of Boone County adults have been given an arthritis diagnosis by a doctor. Older people, people with lower incomes, and those with less education were more likely to report arthritis than others were.



Arthritis

Risk Factor Definition: Have Arthritis

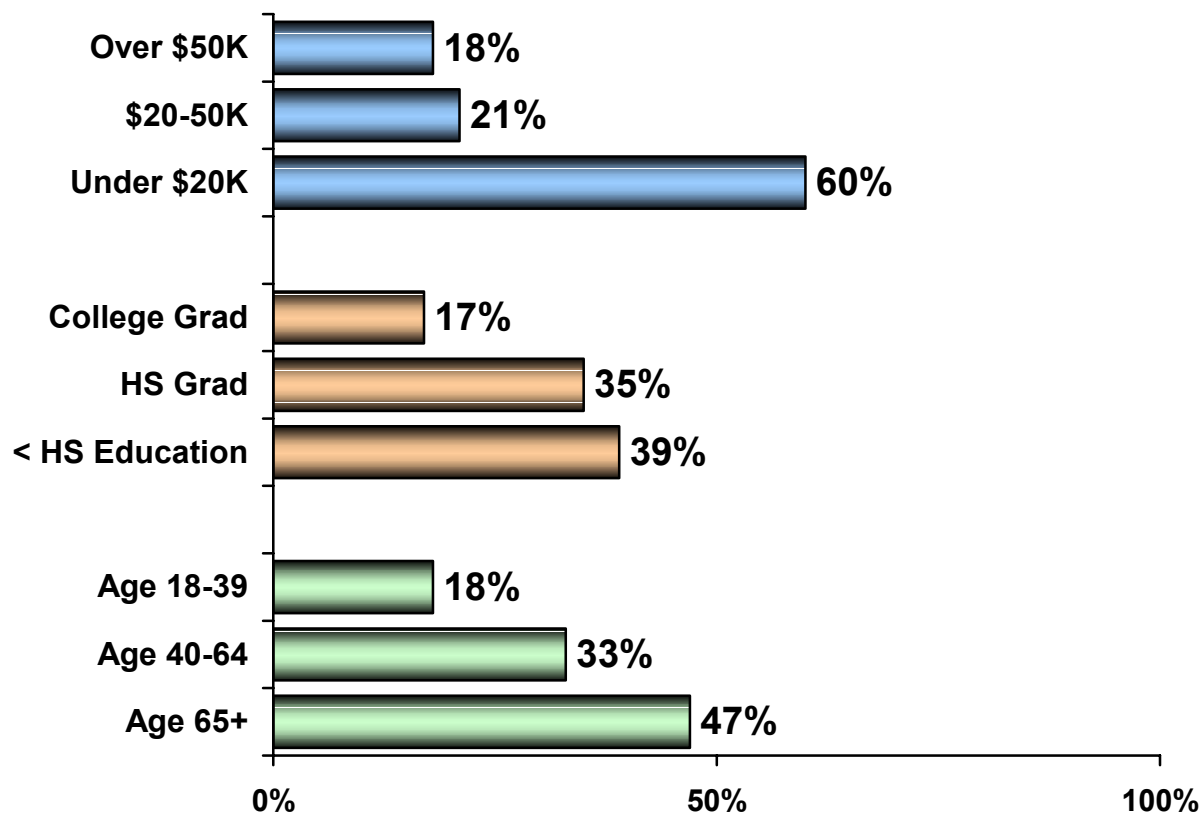
Question: Are you now limited in any way in any activities because of joint symptoms?

At Risk: Those who answered “yes” are considered at risk.

Who's At Risk in Boone County?

Thirty-two percent of Boone County adults indicated limitation in activities because of joint symptoms. Older people, people with lower incomes, and those with less education were more likely to report limitations in activities because of joint symptoms.

Activity Limitation Due to Joint Symptoms



Questions regarding colorectal cancer screening were included in the Boone County BRFSS survey.

Colorectal Cancer Screening

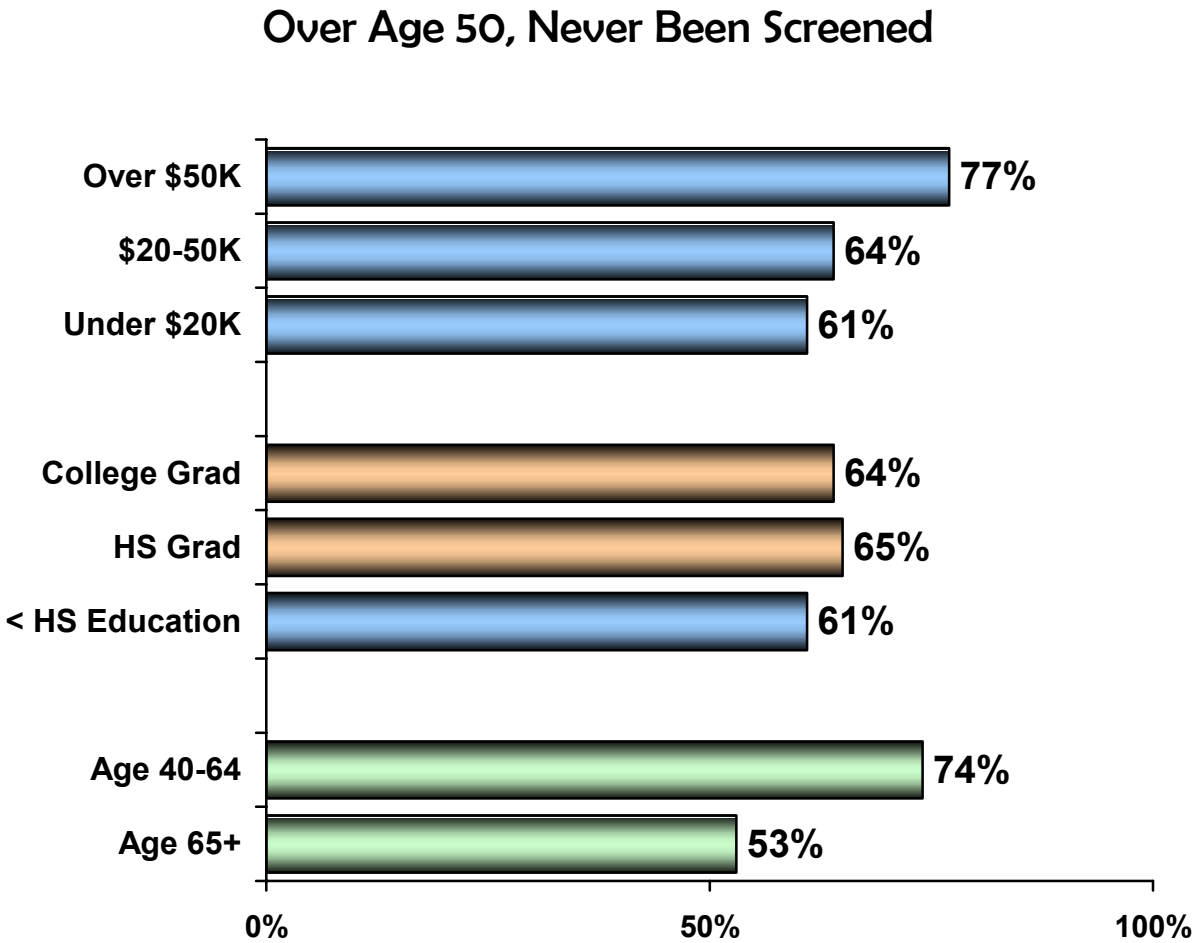
Risk Factor Definition: Over Age 50 and Never Been Screened

Question: Sigmoidoscopy and colonoscopy are exams in which a tube is inserted into the rectum to view the bowel for signs of cancer or other health problems. Have you ever had these exams?

At Risk: Those aged 50 and older who answered “no” are considered at risk.

Who’s At Risk in Boone County?

Sixty-four percent of Boone County adults aged 50 and older have never had an exam. People with higher incomes were more likely to not have had an exam.



Immunization

Risk Factor Definition: No Flu Shot

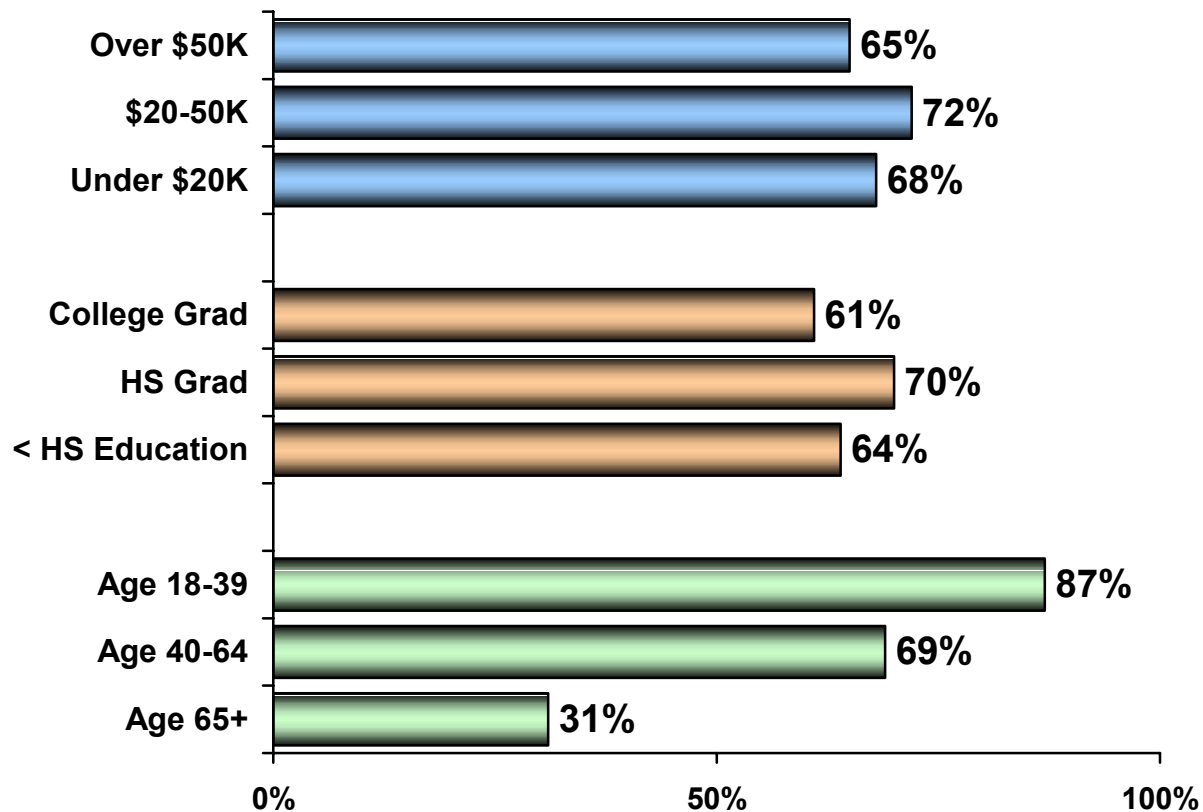
Question: During the past 12 months, have you had a flu shot?

At Risk: Those who answered “No” are considered at risk.

Who's At Risk in Boone County?

Sixty-seven percent of Boone County adults have not had a flu shot during the past 12 months. Younger people, people with a high school education, and those with an income level between \$20-50K were more likely not to have had a flu shot during the past 12 months.

Have Not Had Flu Shot During Past 12 Months



Physical Activity

Questions about physical activity and exercise were asked to the Boone County BRFSS survey participants.

Risk Factor Definition: Do Not Participate in Regular and Sustained Activity

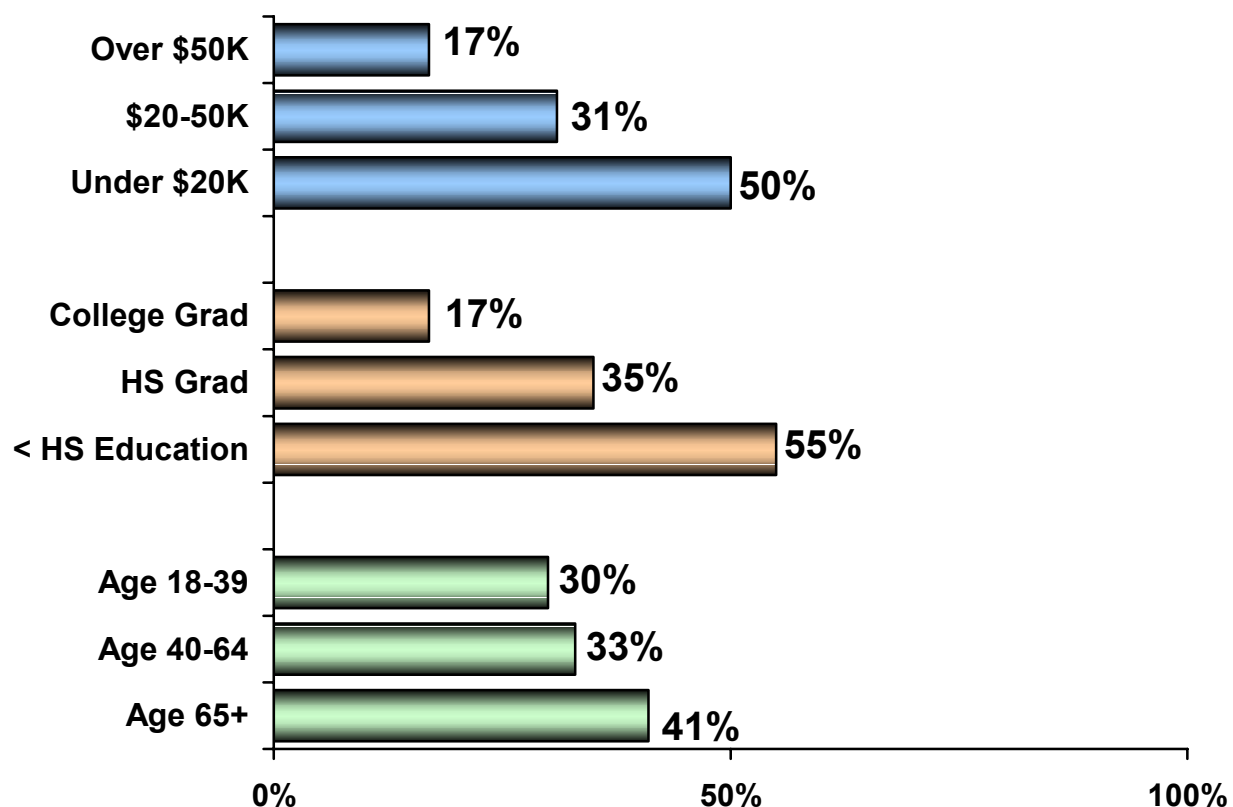
Questions: 1. During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

At Risk: Those who do not participate in any physical activity are at risk.

Who's At Risk in Boone County?

Thirty-four percent of Boone County's adult residents did not participate in any physical activity during the past month. Younger people and people with more education and more income were more likely to participate in physical activity.

Do Not Participate in Physical Activity



Tobacco Use

Questions regarding cigarette smoking, attempts to quit smoking, smoking in the household, and other tobacco use were asked as part of the Boone County BRFSS.

Cigarette Smoking

Risk Factor Definition: Currently Smoke Cigarettes

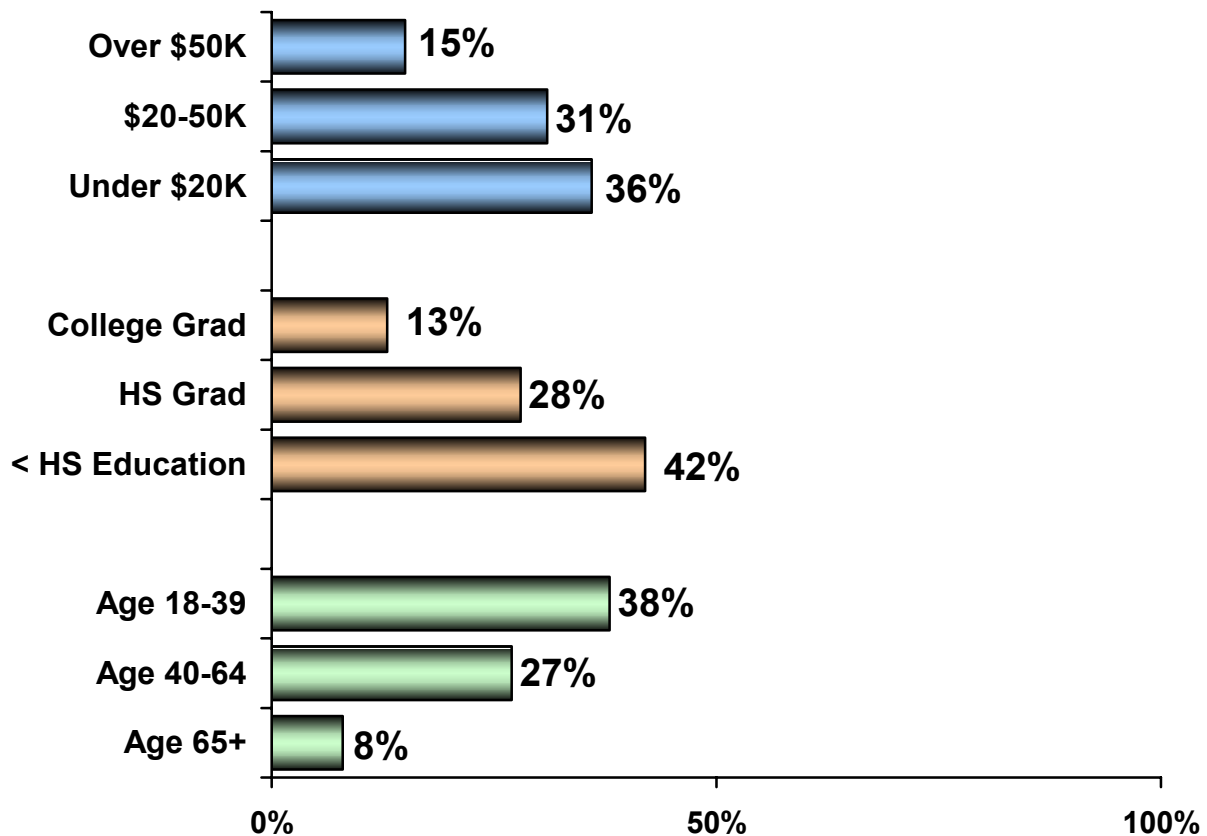
Question: Do you smoke cigarettes every day, some days, or not at all?

At Risk: Those who answered "every day" or "some days" are considered at risk.

Who's At Risk in Boone County?

Twenty-seven percent of the adults in Boone County smoked cigarettes in the past month. Younger people and people with less education or income were more likely to smoke cigarettes.

Reported Current Cigarette Smoking



Cigarette Smoking Cessation

Risk Factor Definition: Smoking Cessation

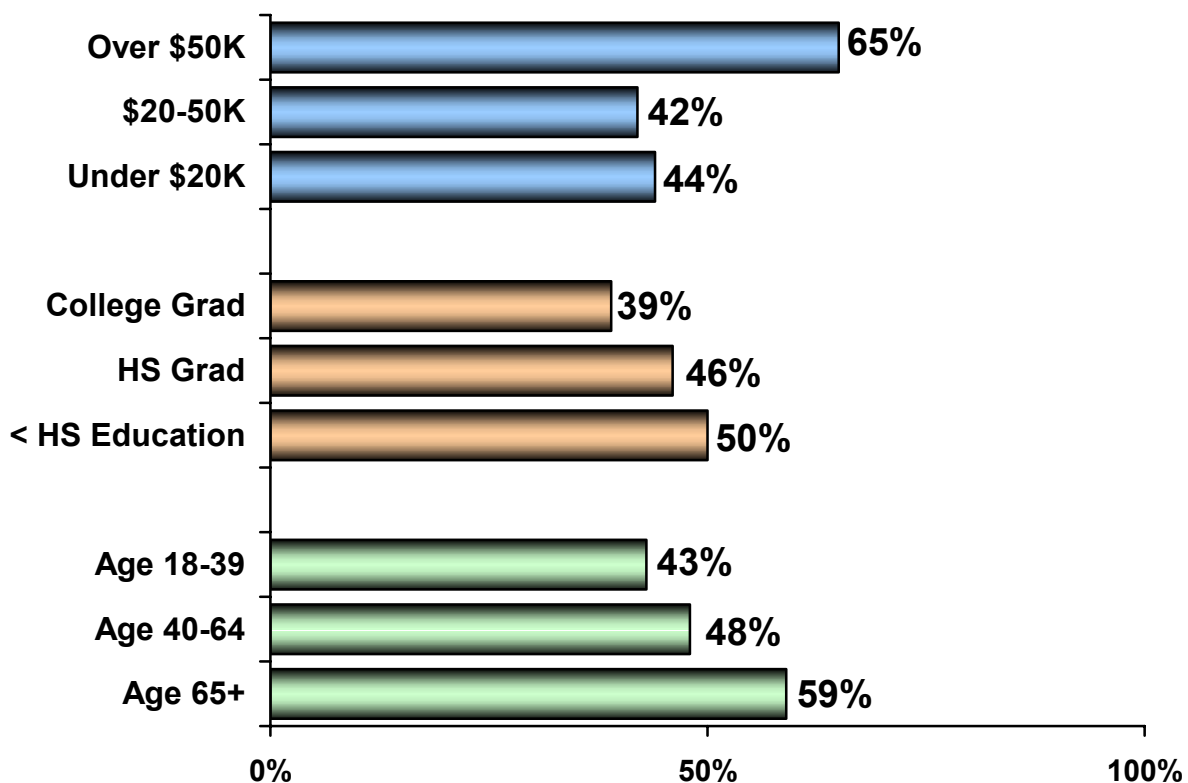
Question: During the past 12 months, have you quit smoking for one day or longer?

At Risk: **Of those who smoked in the past month**, people who answered “no” are considered at risk for continued cigarette smoking.

Who's At Risk in Boone County?

Of the current adult smokers in Boone County, forty-six percent had quit for at least one day in the past year. Older smokers and smokers with less education were less likely to have a smokeless day in the past year.

Made No Quit Smoking Attempts At All in the Past 12 Months



Cigar Smoking

Risk Factor Definition: Currently Smoke Cigars

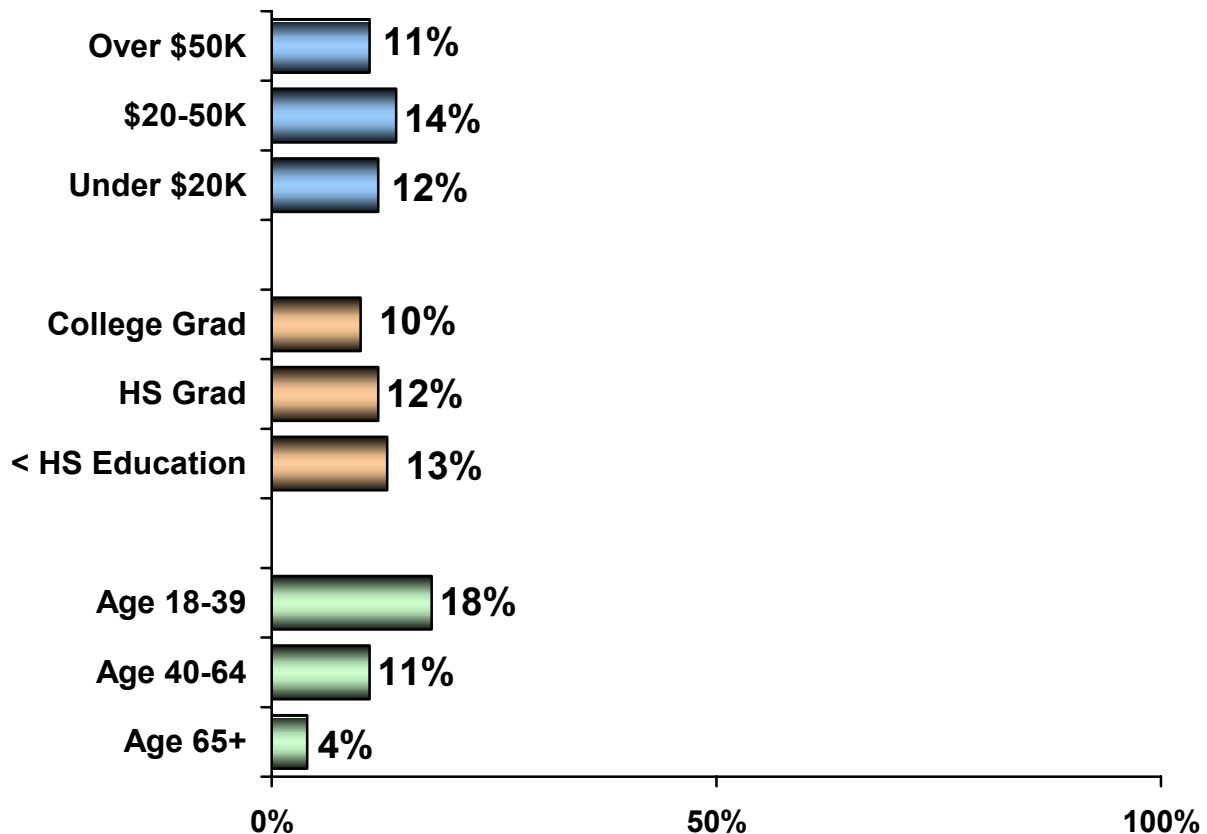
Question: Do you smoke cigars every day, some days, or not at all?

At Risk: Those who answered “every day” or “some days” are considered at risk.

Who’s At Risk in Boone County?

Twelve percent of the adults in Boone County smoked cigars in the past month. Younger people were more likely to smoke cigars.

Reported Current Cigar Smoking



Pipes

Risk Factor Definition: Smoking a pipe

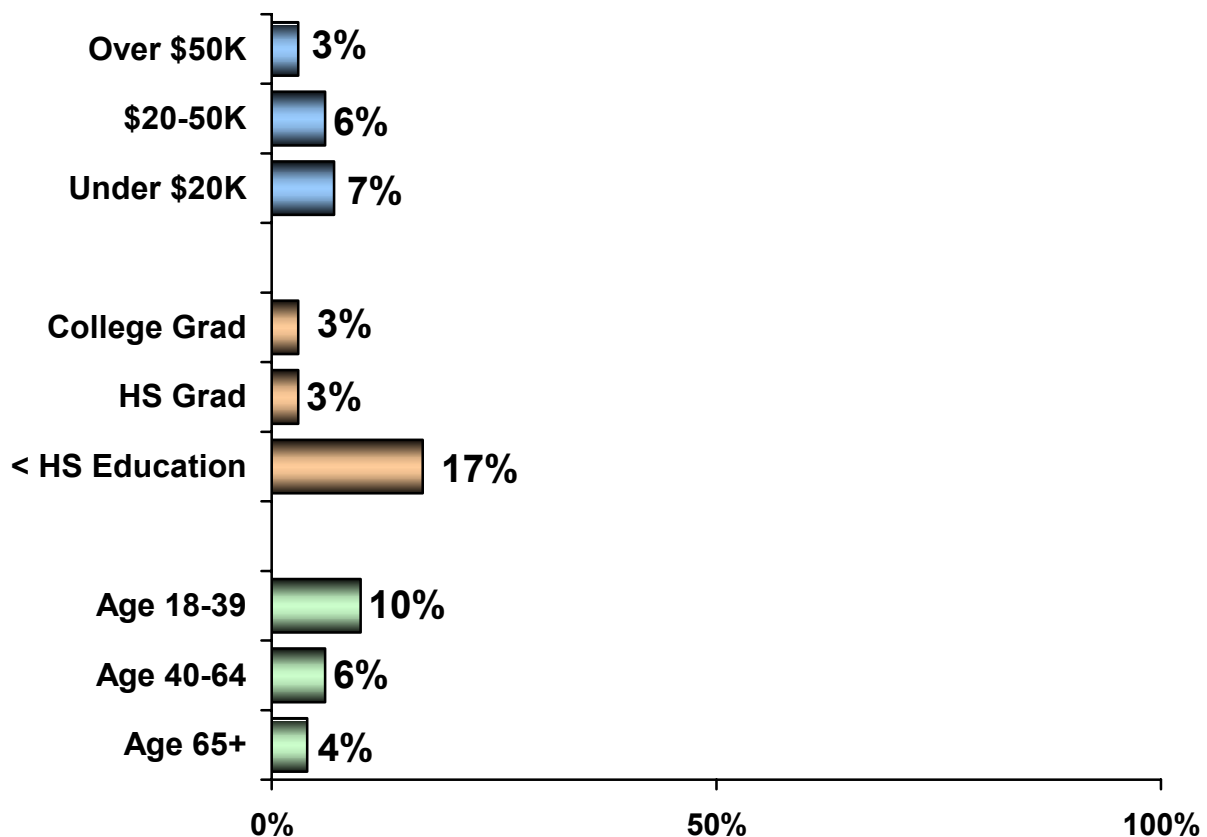
Question: Do you now smoke a pipe every day, some days, or not at all?

At Risk: Those who answered “every day” or “some days” are considered at risk.

Who’s At Risk in Boone County?

Six percent of the adults in Boone County smoked a pipe in the past month. Younger people and people with less education or income were more likely to smoke a pipe.

Reported Current Pipe Smoking



Smoking in Home

Risk Factor Definition: Smoking is allowed in the home

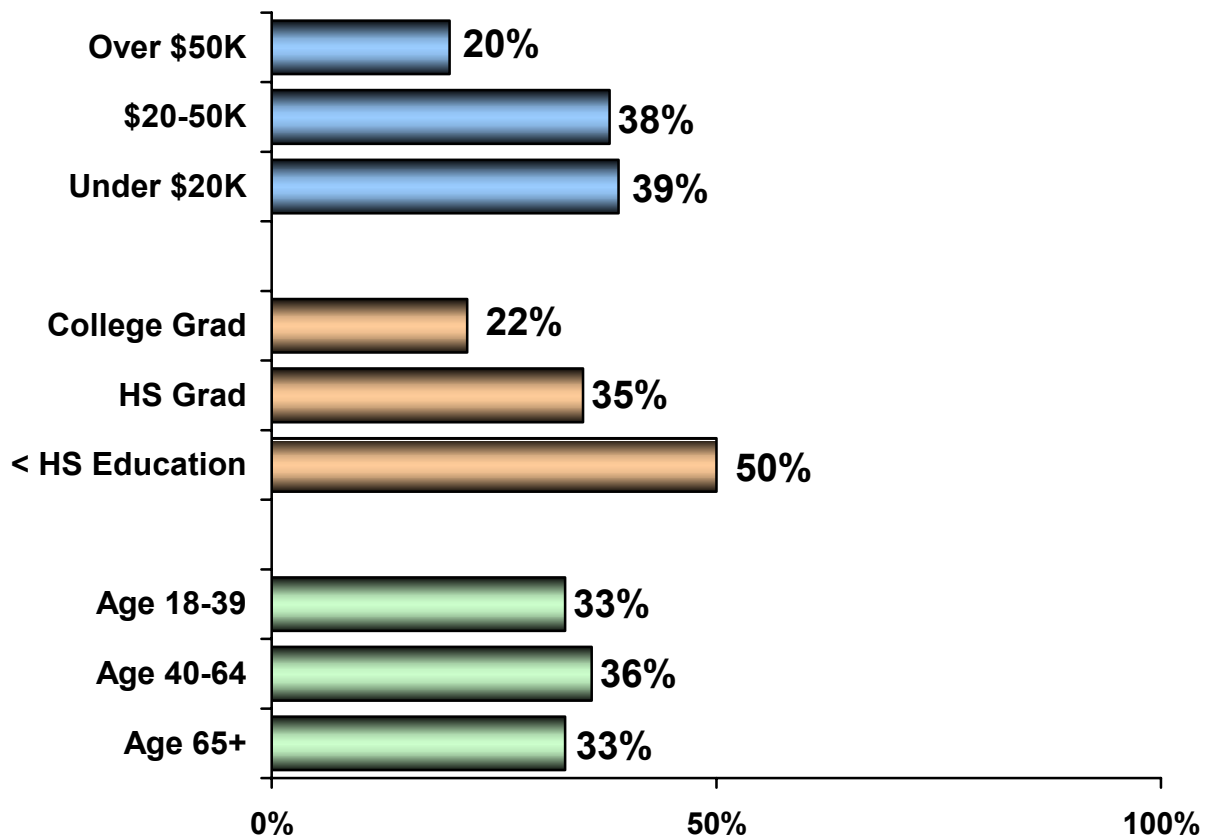
Question: Which statement best describes the rules of smoking inside your home?

At Risk: Those who did not indicate that smoking is not allowed anywhere inside the home are considered at risk.

Who's At Risk in Boone County?

Thirty four percent of the adults in Boone County indicated that smoking is allowed inside the home. People with lower incomes and people with less education were more likely to allow smoking at home.

Smoking Allowed in the Home



Alcohol Consumption

Questions about alcoholic beverage consumption were asked to Boone County BRFSS respondents.

Alcohol Consumption

Risk Factor Definition: Binge Drinking

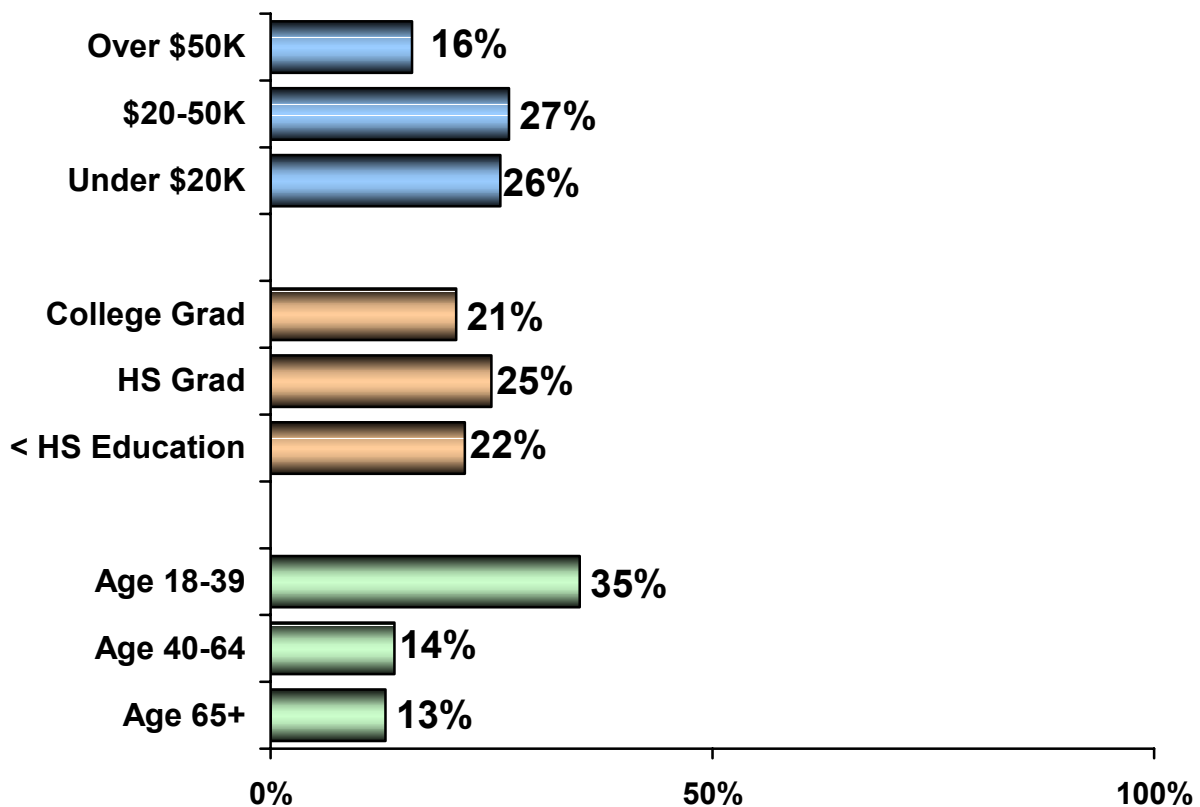
Question: Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on an occasion?

At Risk: Those who had five or more drinks in a row on one or more occasions during the past month are considered at risk.

Who's At Risk in Boone County?

Twenty- four percent of adults living in Boone County said they had had five or more drinks on at least one occasion in the past month. Younger people and people with incomes lower than \$50K were more likely to report binge drinking.

Reported Binge Drinking



Disability

Survey respondents were asked about health problems or impairments they had.

General Activity Limitations

Risk Factor Definition: Activity Limitations

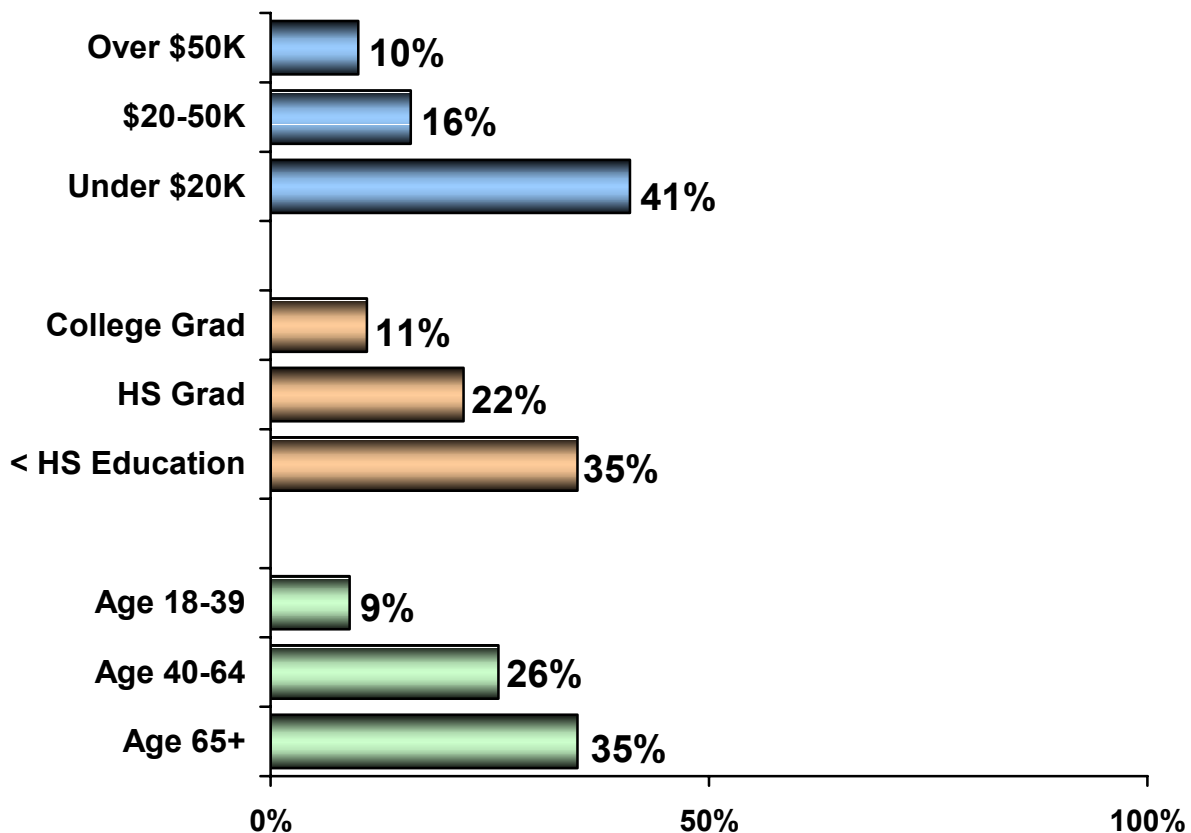
Questions: Are you limited in any way in any activities because of physical, mental, or emotional problems?

At Risk: Those who answered “yes” are considered at risk.

Who's At Risk in Boone County?

Twenty-two percent of the adults in Boone County reported that they had some activity limitations caused by a health condition. Older respondents, people with less education, and people with less income were more likely to report activity limitations.

Activity Limitations Due to Health Problem

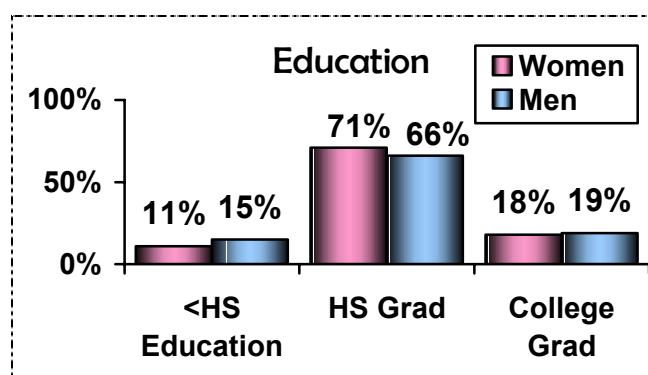
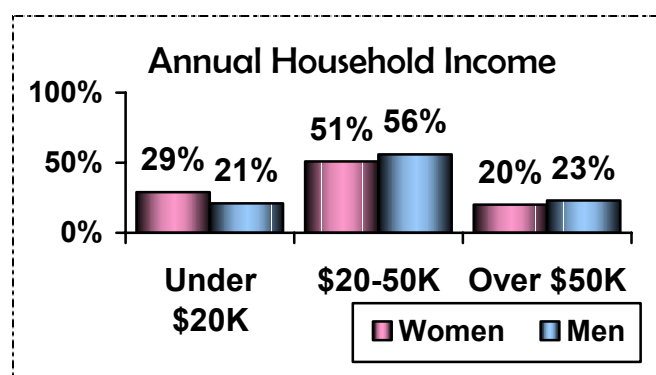


Women's Health & Risk Factor

Women's Health and the Boone County BRFSS

Boone County BRFSS Survey Women's Demographics

Total Number of People Surveyed		
Male	Female	Total Surveyed
347	568	915



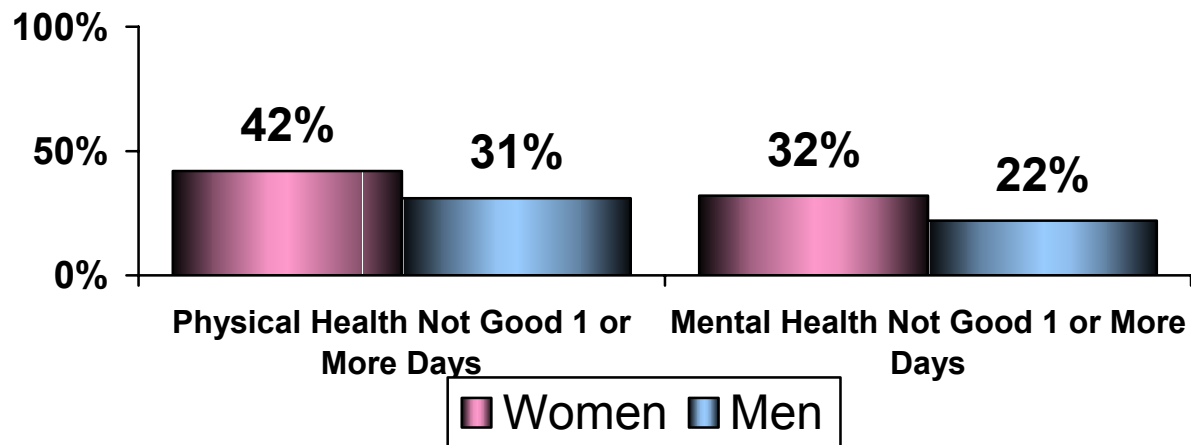
Breast and Cervical Cancer

In addition to the standard BRFSS questions, the Boone County survey included special questions about women's health issues. The BreastCare program was created by the Arkansas General Assembly in 1997 to provide education about breast cancer to all Arkansas women and offers free breast cancer screenings and diagnostic and treatment services for women who meet eligibility requirements. Women are encouraged to call free 1-877-670-CARE (2273) to determine if they qualify for free services from BreastCare. The Susan G. Komen Foundation's mission is to eradicate breast cancer as a life threatening disease by advancing research, education, screening, and treatment. The questions were designed to determine women's awareness of things they can do to aid in the early detection of breast cancer.

Women & Behavioral Risk Factors

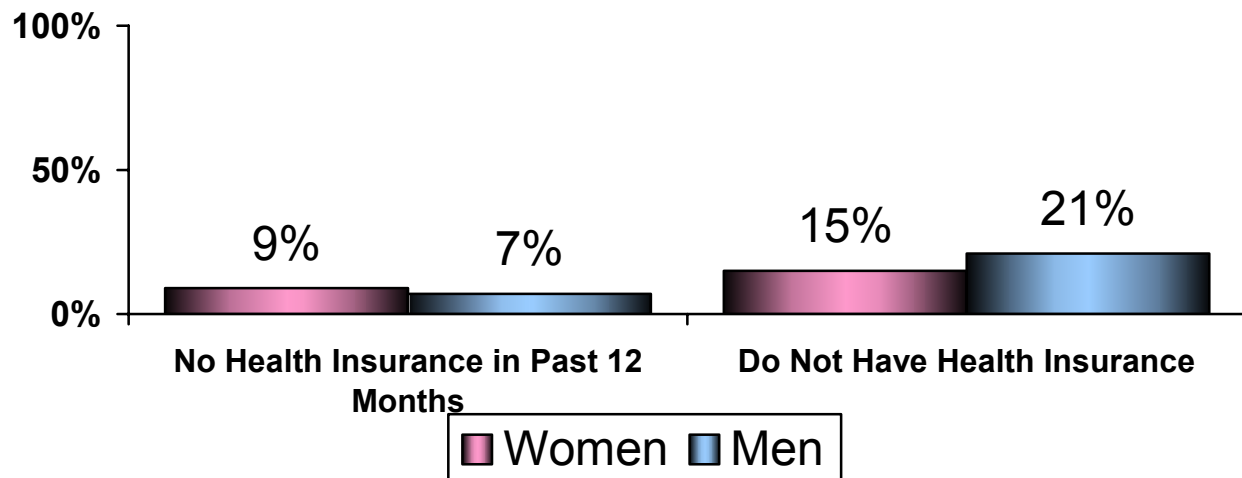
Women's health concerns more than just breast care and reproductive health. Disparities between women's and men's health exist among various risk factors. Specific health issues that were investigated in conjunction with women's health concerns in Boone County include self-reported perceptions of health, utilization of preventative health care and health screenings, personal risk behaviors, and care giving.

Risk Factors--Peceptions of Health

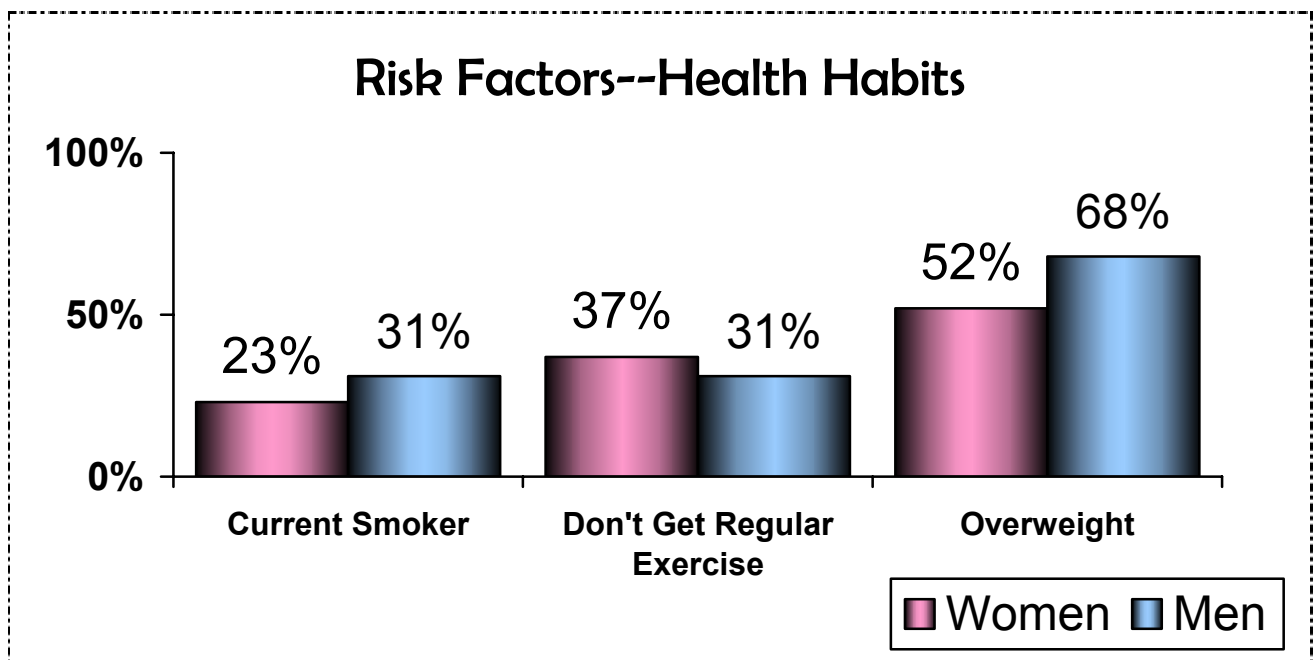


Women were more likely than men to report that their physical health and their mental health had been “not good” on one or more days during the past month.

Risk Factors--Health Care



Boone County men were less likely to have health insurance but less likely to report not having health insurance in the past 12 months.



Boone County men were more likely than Boone County women to be smokers, to be overweight, and more likely to get regular exercise.

Breast Cancer Screening and Knowledge

Women were asked when they had their last mammogram.

Mammography-Women 40 and Older

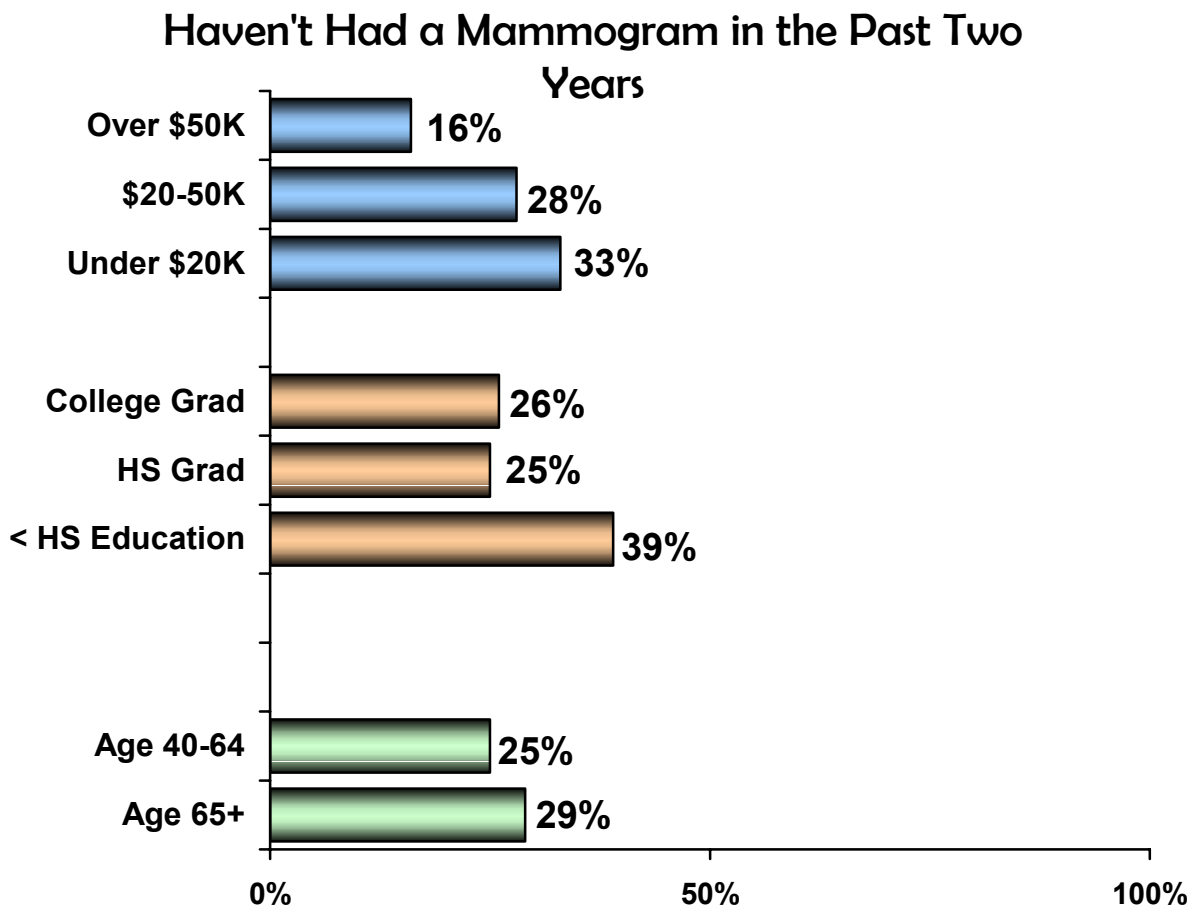
Risk Factor Definition: Mammograms

Question: A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?
How long has it been since your last mammogram?

At Risk: Women 40 and older who haven't had a mammogram in the past two years are considered at risk.

Who's At Risk in Boone County?

Twenty-seven percent of women 40 and older had not had a mammogram within the past year. Lower income women were more likely to report not receiving the screening within the past two years.



Other Women's Health Screening

Pap Smear

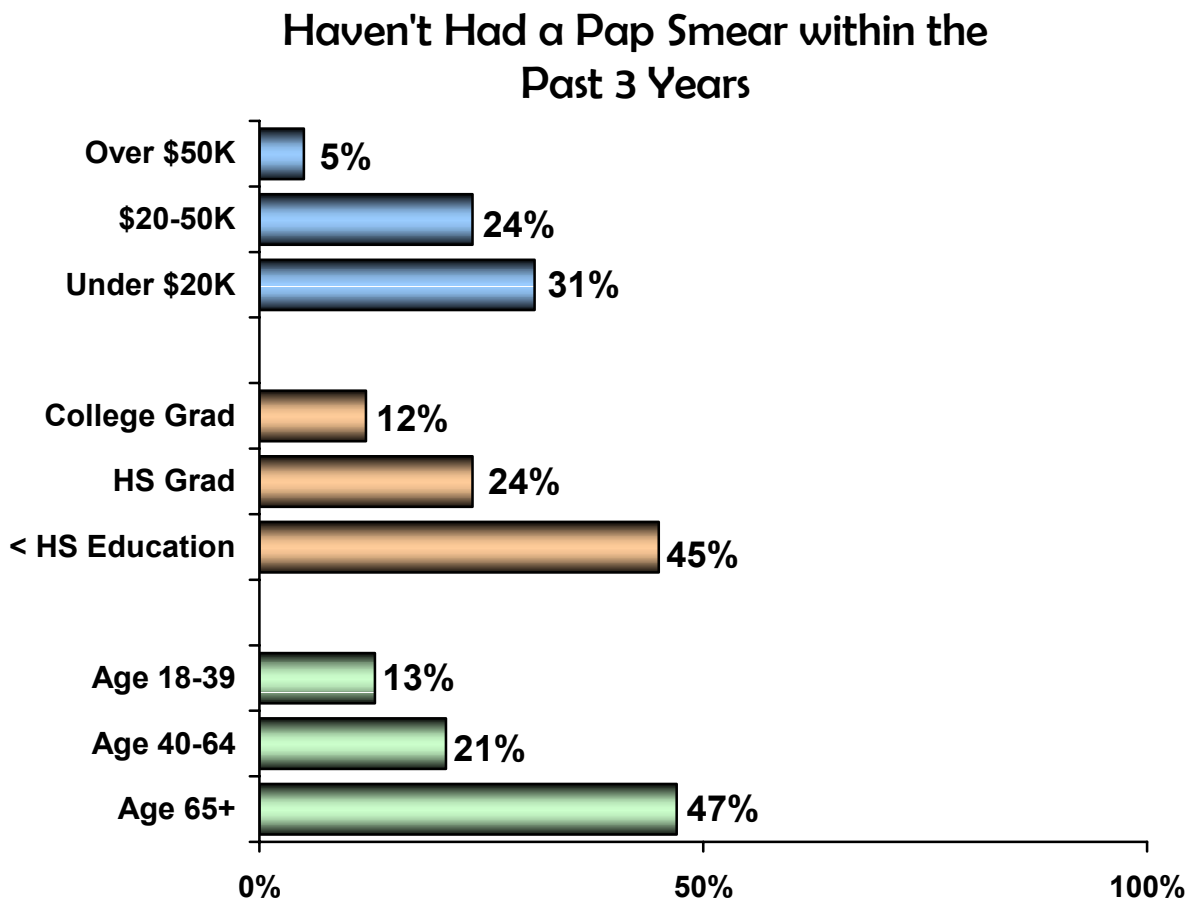
Risk Factor Definition: Pap Smear

Question: A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?
How long has it been since your last Pap smear?

At Risk: Women 18 or older with an intact uterus who have not had a Pap smear within the past three years are considered at risk.

Who's At Risk in Boone County?

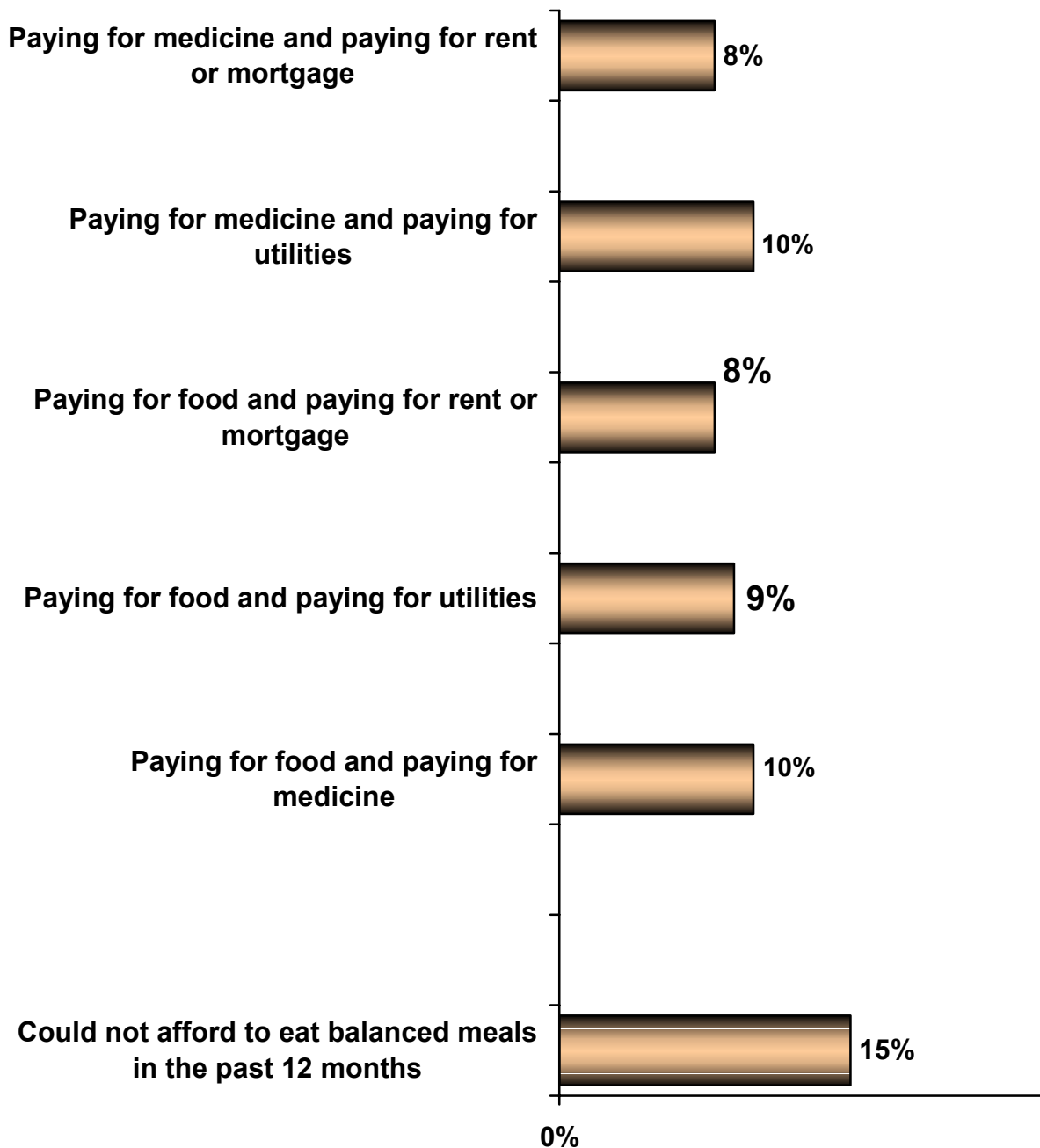
Twenty-four percent of Boone County adult women had not had a Pap smear within the past three years. Women with lower incomes, older women, and women with less education were more likely to not have had this screening test.



County Added Questions

Who's At Risk in Boone County?

In the past 12 months, have you or anyone in your household ever had to choose between:

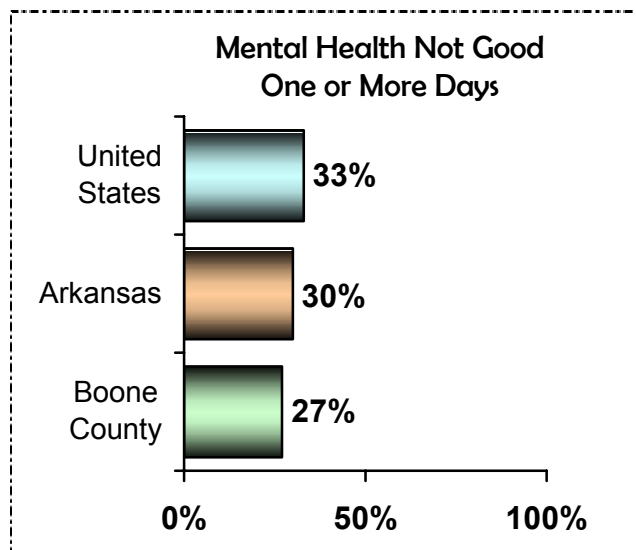
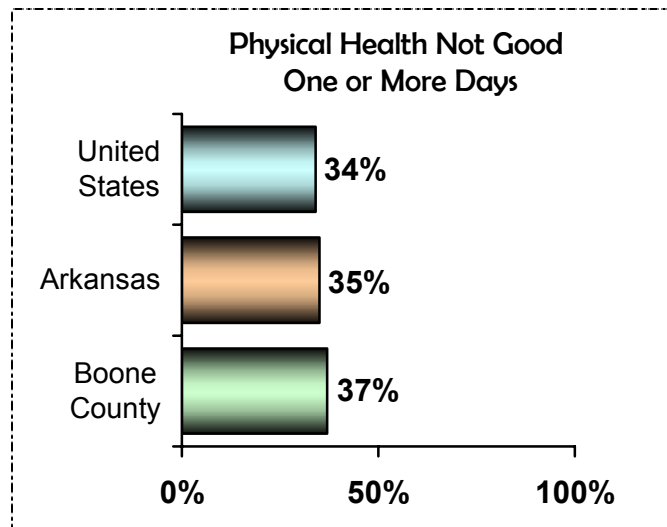
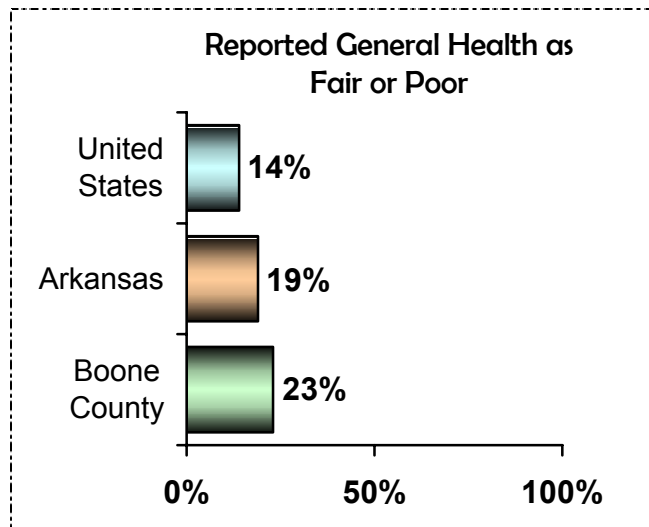


Boone County, Arkansas, and United States BRFSS Data Compared

How Does Boone County Compare?

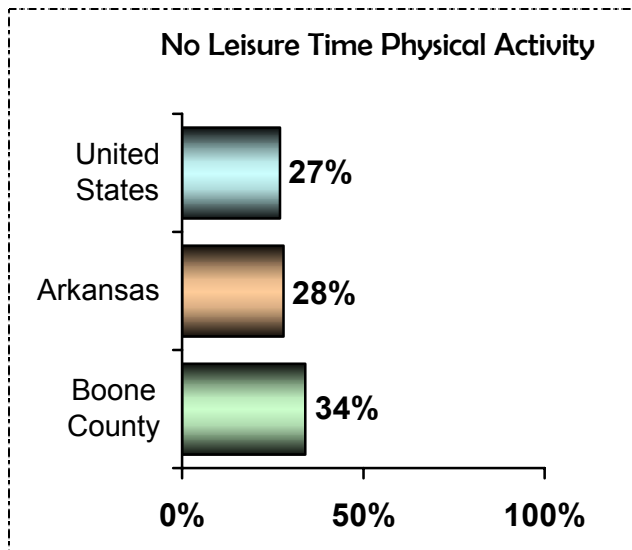
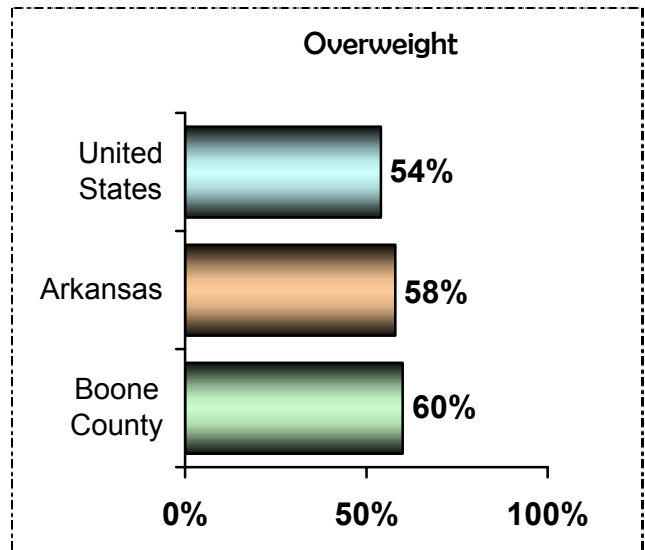
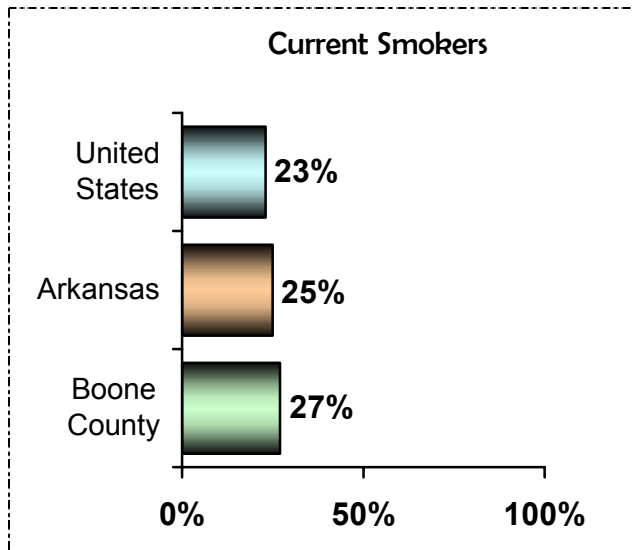
In order to determine Boone County's adult health strengths and weaknesses, its BRFSS data was compared to state and nationwide data from the 2000 BRFSS.

Health Status



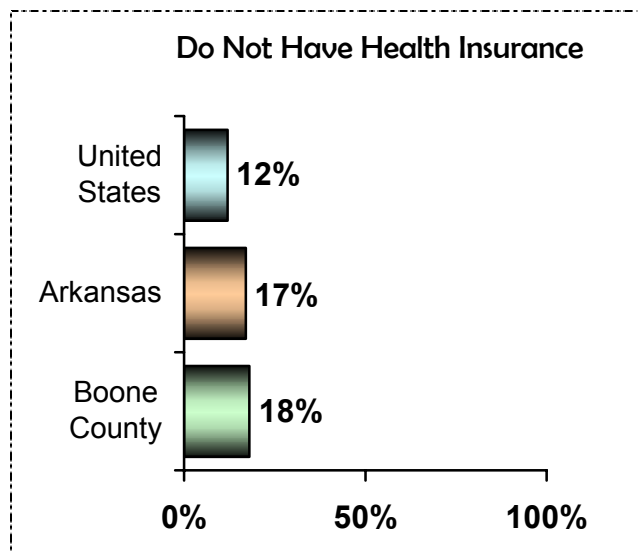
While Boone County adults reported their general health to be fair or poor and their physical health was not good one or more days more often than the rest of the nation, fewer reported "not good" mental health on one or more days during the past month.

Health Habits

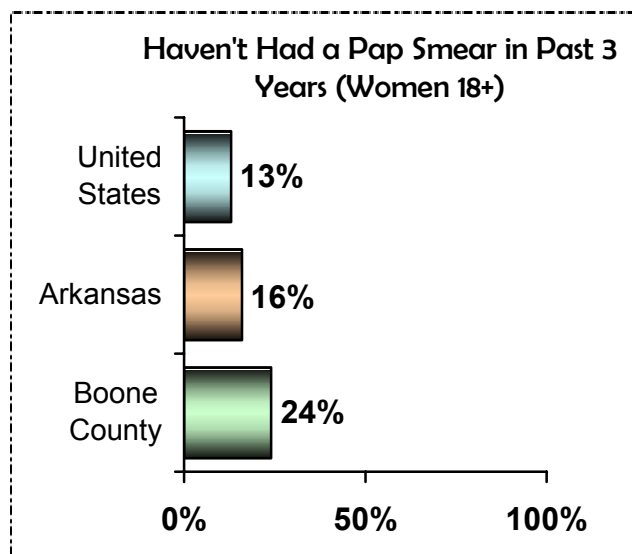
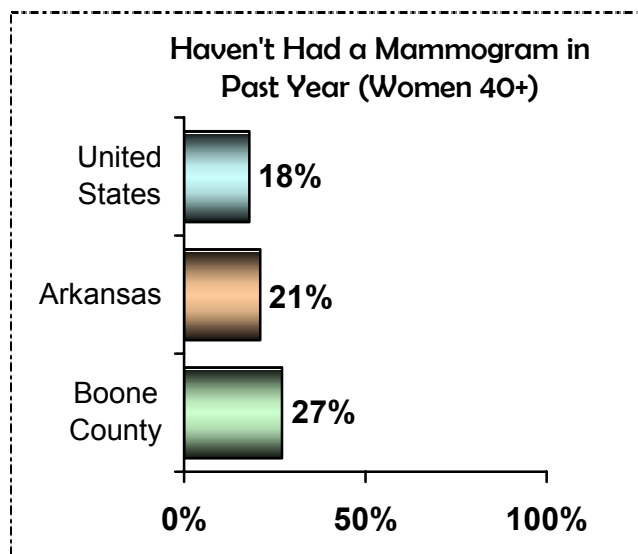


Boone County's numbers are typically closer to the Arkansas prevalence figures than to the nation's.

Health Care Access and Routine Health Screenings



Boone County has a higher percentage of women who haven't had a mammogram in the past year and pap smear in the past 3 years compared to the rest of the state and nation.



Appendix

Hometown Health BRFSS Survey Questions

The following questions were administered as part of the Hometown Health BRFSS. The interviews were conducted by telephone, so a telephone interview script was used by the telephone interviews complete with notes and instructions regarding skipping certain questions, etc. Interested parties can obtain a complete copy of the script used to conduct the interview from their local Hometown Health leaders.

Section 1: Health Status

- 1.1. Would you say that in general your health is excellent, very good, good, fair or poor?
- 1.2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?
- 1.3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?
- 1.4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

Section 2: Health Care Access

- 2.1. Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?
- 2.2. What type of health care coverage do you use to pay for most of your medical care?
- 2.3. There are some types of coverage you may not have considered. Please tell me if you have any of the following (list of insurance plans).

Section 3: Exercise

- 3.1. During the past 30 days, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?

Section 4: Hypertension Awareness

- 4.1. Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure.
- 4.2. Are you currently taking medicine for your high blood pressure?

Section 6: Asthma

- 6.1 Did a doctor ever tell you that you had asthma?
- 6.2 Do you still have asthma?

Section 7: Diabetes

- 7.1. Have you ever been told by a doctor that you have diabetes?

Section 8: Arthritis

- 8.1. During the past 12 months, have you had pain, aching, stiffness or swelling in or around a joint
- 8.2. Were these symptoms present on most days for at least one month?
- 8.3. Are you now limited in any way in any activities because of joint symptoms?
- 8.4. Have you ever seen a doctor, nurse, or other health professional for these joint symptoms?
- 8.5. Have you ever been told by a doctor that you have arthritis?
- 8.6. Are you currently being treated by a doctor for arthritis?

Section 9: Immunization

- 9.1. During the past 12 months, have you had a flu shot?
- 9.2. Have you ever had a pneumonia shot?

Section 10: Tobacco Use

- 10.1. Have you smoked at least 100 cigarettes in your entire life?
- 10.2. Do you now smoke cigarettes everyday, some days, or not at all?
- 10.3. On the average, about how many cigarettes a day do you now smoke?

Section 11: Alcohol Consumption

- 11.1 A drink is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or shot of liquor. During the past 30 days, how often have you had at least one drink of any alcoholic beverage?
- 11.2 On the days when you drank, about how many drinks did you drink on the Average?

- 11.3 Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on a occasion?

Section 13: Demographics

- 13.1. What is your age?
- 13.2. Are you Hispanic or Latino?
- 13.3. Which one or more of the following would you say is your race?
- 13.4. Which one of these groups best represent your race?
- 13.5. Are you married, divorced, widowed, separated, never been married, or a member of an unmarried couple?
- 13.6. How many children less than 18 years of age live in your household ?
- 13.7. What is the highest grade or year of school you completed?
- 13.8. What is your current employment status?
- 13.9. What is your annual household income from all sources?
- 13.10. About how much do you weigh without shoes?
- 13.11. About how tall are you without shoes?
- 13.12. What is your ZIP Code?
- 13.13. Do you have more than one telephone number in your household?
- 13.14. How many residential telephone numbers do you have?
- 13.15a. Has your regular home telephone service been disconnected in the last 12 months?
- 13.15b. In the past 12 months, about how many months in total were you without a working home telephone? (Do not count cell phones)
- 13.16. Indicate sex of respondent. (Ask Only if Necessary)
- 13.17. To your knowledge, are you now pregnant?

Module 5: Women's Health

- 11.1. What types of things can women do to help in the early detection of breast cancer?
- 11.2. Is there anything else women can do to help in the early detection of breast cancer?
- 11.3. A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?
- 11.4. What is the most important reason why you haven't had a mammogram?
- 11.5. Are there any other reasons why you haven't had a mammogram?
- 11.6. How long has it been since you had your last mammogram?
- 11.7. What is the most important reason why you haven't had a mammogram in the past two years?
- 11.8. Are there any other reasons why you haven't had a mammogram in the past two years?
- 11.9. Was your last mammogram done as part of a routine checkup, because of a breast problem, or because you've already had breast cancer?
- 11.10. In the past month, have you noticed any posters, billboards, commercials or advertisements with a message about having a mammogram test?
- 11.11. Are you aware that the health department offers free to low cost breast exams and mammograms?
- 11.12. How often do you believe women your age should get a mammogram?
- 11.13. Did a doctor suggest that you have your most recent mammogram?
- 11.14. Have you ever had breast cancer?
- 11.15. Do you think your risk of getting breast cancer is high, medium, low, or none?
- 11.16. If you wanted to have a mammogram, would you have to pay for all, part or none of the cost?
- 11.17. How difficult would it be for you to pay for the cost of the mammogram test? Would you say very difficult, somewhat difficult, a little difficult or not at all difficult?
- 11.18. Have you ever had a clinical breast exam?
- 11.19. How long has it been since your last breast exam?
- 11.20. Was your last breast exam done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?

- 11.21. A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?
- 11.22. How long has it been since you had your last Pap smear?
- 11.23. Was your last Pap smear done as part of a routine exam, or to check a current or previous problem?
- 11.24. Have you had a hysterectomy?
- 11.25. To your knowledge, are you now pregnant?

Section 14: Disability

- 14.1. Are you limited in any way in any activities because of physical, mental, or emotional problems?
- 14.2. Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?

Section 15: Physical Activity

- 15.1. When you are at work, which of the following best describes what you do?
- 15.2. Now thinking about the moderate physical activities you do (when you are not working) if "employed" or "self-employed" in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate?
- 15.3. How many days per week do you do these moderate activities for at least 10 minutes at a time?
- 15.4. On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?
- 15.5. Now thinking about the vigorous physical activities you do (when you are not working) if "employed" or "self-employed" in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?
- 15.6. How many days per week do you do these vigorous activities for at least 10 minutes at a time?
- 15.7. On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

Section 16: Prostate Cancer Screening

- 16.1. A Prostate Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever had a PSA test?
- 16.2. How long has it been since you had your last PSA test?
- 16.3. A digital rectal exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you ever had a digital rectal exam?
- 16.4. How long has it been since you had your last digital rectal exam?
- 16.5. Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?
- 16.6. Has your father, brother, son, or grandfather ever been told by a doctor, nurse, or health professional that he had prostate cancer?

Section 17: Colorectal Cancer Screening

- 17.1 A blood stool test is a test that may use a special kit at home to determine whether stool contains blood. Have you ever had this test using a home kit?
- 17.2 How long has it been since you had your last blood stool test using a home kit?
- 17.3 Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other problems. Have you ever had these exams?
- 17.4 How long has it been since you had your last Sigmoidoscopy or colonoscopy?

Module 13: Tobacco Indicators

- 1. How old were you the first time you smoked a cigarette, even one or two puffs?
- 2. How old were you when you first started smoking cigarettes regularly?
- 3. About how long has it been since you last smoked cigarettes regularly?
- 4. In the past 12 months, have you seen a doctor, nurse, or other health professional to get any kind of care for yourself?
- 5. In the past 12 months, has a doctor, nurse, or other health professional advised you to quit smoking?
- 6. Which statement best describes the rules about smoking inside your home?

7. While working at your job, are you indoors most of the time?
8. Which of the following best describes your place of work's official smoking policy for indoor public or common areas, such as lobbies, rest rooms, and lunchrooms?
9. Which of the following best describes your place of work's official smoking policy for work areas?

Module 14: Other Tobacco Products

1. Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?
2. Do you currently use chewing tobacco or snuff everyday, some days, or not at all?
3. Have you ever smoked a cigar, even one or two puffs?
4. Do you now smoke cigars everyday, some days, or not at all?
5. Have you ever smoked tobacco in a pipe, even one or two puffs?
6. Do you now smoke a pipe everyday, some days, or not at all?
7. A bidi is a flavored cigarette from India, Have you ever smoked a bidi, even one or two puffs?
8. Do you now smoke bidis everyday, some days, or not at all?

County-Added Questions

1. "I/We could not afford to eat balanced meals." Was that often true, sometimes true or never true for your household in the past 12 months?
2. In the past 12 months, have you or anyone in your household ever had to choose between:
 - a) Paying for food and paying for medicine?
 - b) Paying for food and paying for utilities?
 - c) Paying for food and paying for rent or mortgage?
 - d) Paying for medicine or paying for utilities?
 - e) Paying for medicine and paying for rent or mortgage?

-End of Survey-